

Family Weekly

OCTOBER 20, 1974

Independent Journal

OCTOBER 19, 1974

**By Joey Adams:
What Happens When
Kids Meet Religion**

**An Inside Report
On Martha Mitchell's
Upcoming Book**

**Two Make-Ahead
Soups for Cooks
Too Tired to Cook!**



**Hollywood's Feisty
Kirk Douglas: Is He
Finally Mellowing?**

Kirk Douglas and his wife Anne
(photographed by their son Peter)

Ask Them Yourself

Want to ask a famous person a question? Send the question on a postcard, to "Ask," Family Weekly, 641 Lexington Ave., New York, N. Y. 10022. We'll pay \$5 for published questions. Sorry, we can't answer others.

FOR HELEN GURLEY BROWN,
editor of "Cosmopolitan" magazine

Do you think that posing nude for the "Cosmopolitan" centerfold helped or hindered Burt Reynolds' career?—S. S., Poughkeepsie, N.Y.

● Helped. If he hadn't been a good actor in the first place.



it wouldn't have, but stars sometimes need that special event or happening to catapult them to the next plateau. After posing for "Cosmopolitan," and after the extraordinary worldwide publicity that resulted, Burt wanted to forget his association with us. He has not been especially gracious. Too bad about that. We were lucky and grateful that he posed—but I think he was lucky too.

FOR DON SHULA, coach of the Miami Dolphins

With all the traveling you do with the Dolphins, how do you manage to find time to spend with your family?—Nancy Bowen, San Rafael, Calif.

● I include them in my own activities whenever possible. My oldest son, David, helps our equipment manager during training camp and takes game statistics. My youngest son, Mike, goes on road trips with the team. My daughters were members of the "Dolphin Dolls" cheering squad for a while, too.



FOR SEN. HENRY M. JACKSON (D-Wash.)

Who gave you your nickname of "Scoop"—and when?—Larry La Jacono, W. Hyattsville, Md.

● When I was small, my older sister, Gertrude, detected a similarity between me and a comic-strip character, Scoop, the Cub Reporter. She noticed his technique of getting others to do his work for him, and my habit of having other kids in the neighborhood help me with my chores. She called me "Scoop"—and it stuck.

FOR ABIGAIL VAN BUREN ("Dear Abby")

How can you tell if a letter asking for advice is genuine?—M. W., Cooksville, Ill.

● That's like asking an experienced jeweler if he can tell the difference between a diamond and a piece of glass! A perceptive person can spot a phony letter just as he can spot a phony personality. A writer's obvious, clumsy, amateurish attempts at creative writing give him away immediately. Ironically, it's not the circumstances. The most bizarre and unlikely tales are the real ones.



FOR JACKIE GLEASON

How did the phrase "And away we go" originate?—Robert Poulette, Albany, N.Y.

● Whenever I got bored at a party, I'd get up and say to my friends, "And away we go!" And away we went! The remark stuck—and I'm still using it.

FOR EARL WILSON, author and columnist

Of all the celebrities you have interviewed, who are your favorites?—Nat R. Rutherford, San Antonio, Texas

● Marilyn Monroe, Ernest Hemingway, Groucho Marx, George S. Kaufman and Caesar Petrillo.



FOR MARY TYLER MOORE

How are your clothes chosen for your show?—F. G., Redondo Beach, Calif.

● I go to the showroom of Norman Todd, where I pick out what I want from his collection. As I'm supposed to be an office worker, I very often wear the same outfit more than once. The clothes are the property of the studio, but when they've "had it," I'm allowed to take them home. I try to stick to tailored styles for dresses, and neat, chic fashions for pantsuits. Off screen, those are the styles I go for too.

FOR CONNIE FRANCIS

Are you thinking of coming back to TV? And are you married?—Mollie Goldstein, Pembroke Pines, Fla.

● I've been married to Joe Garzillo for almost a year. He's in the travel business. I'm doing a great deal of shopping, traveling with my husband, relaxing—all the things I neglected when my schedule was dominated by my show-business life. Until I feel like getting back to work, I'm vacationing. Other than recordings, I'm devoting my time to my marriage.



FOR DR. BENJAMIN SPOCK

At what age should parents discuss sex with their children?—Mrs. R. D., Utica, N.Y.

● At two and a half or three and a half—whenever they bring it up. Children at that age are very good at putting their parents at ease. Adolescents need counseling most, but most teenagers—particularly boys—don't want to ask parents questions. When a child says, "I know all about it," what the youngster is really saying is, "It would drive me crazy to discuss it with my own parent."

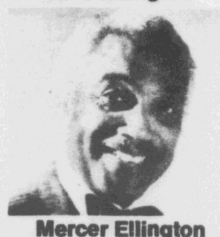
FOR THE ASK THEM YOURSELF EDITOR

Has the late Duke Ellington's orchestra been disbanded, or has someone taken it over?—J. M., Montgomery, Ala.

● Mercer Ellington, son of the late bandleader, is carrying on his father's work by conducting the orchestra, restoring the old arrangements (dating back to the late '20's), arranging current music and playing the trumpet. He's also going through his father's memorabilia, in preparation for the biography he's writing about him, and is involved with the Duke Ellington Foundation (set up before Duke's death) to aid poor musicians afflicted by cancer. Mercer's been with the band since 1950. He's proud of the fact that on the bandstand he and his father maintained an impersonal relationship: "I got praised and yelled at," he says, "just like anyone else."



Duke Ellington



Mercer Ellington

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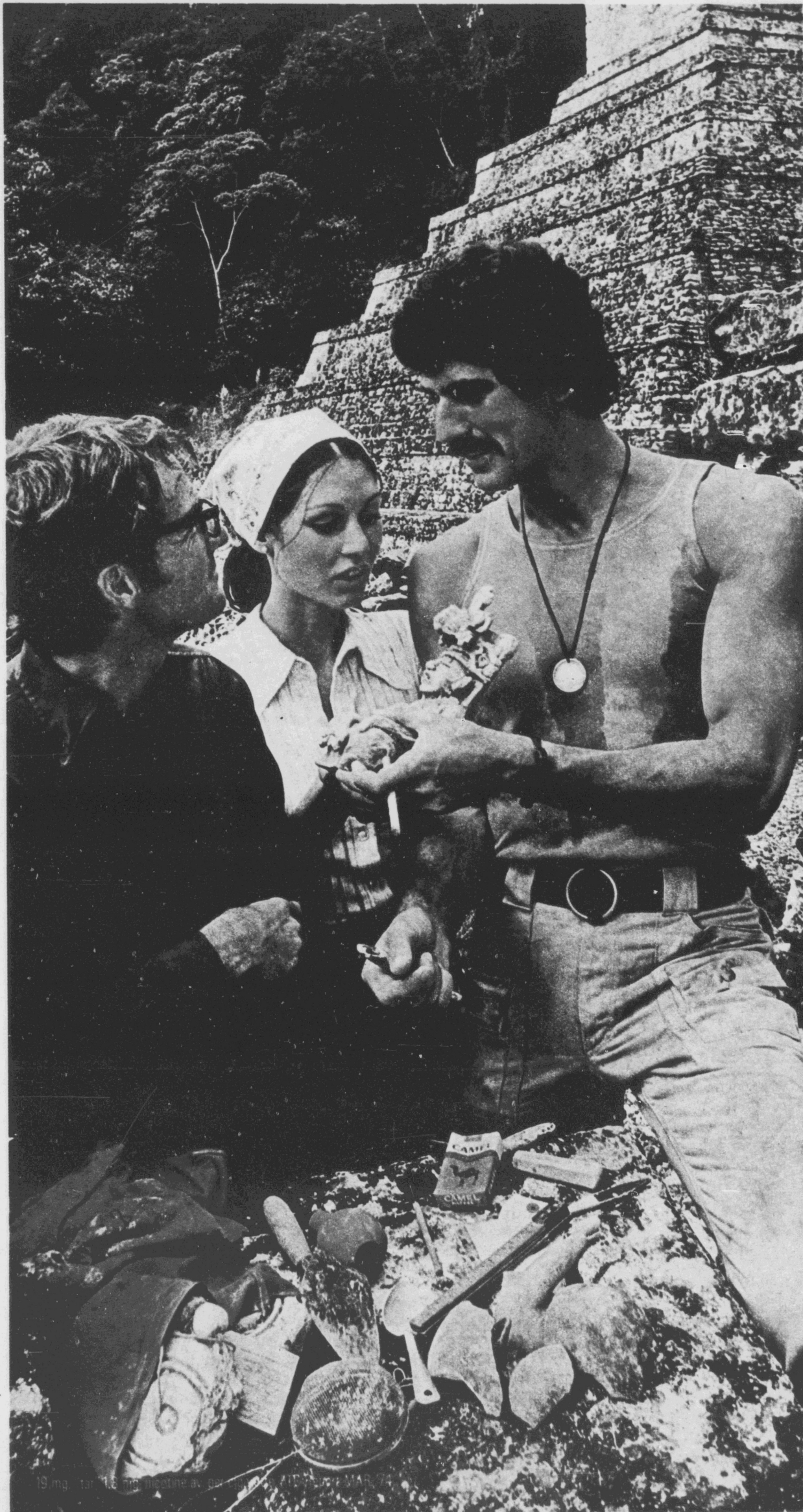
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Meet The Turk.

He searches for
what most men do not even
know exists.

He smokes for pleasure.

He gets it from the blend of
Turkish and Domestic
tobaccos in Camel Filters.

Do you?



**Turkish and
Domestic Blend**

Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

By Joey Adams

The Wise and Funny Things Kids Can Teach Us About Religion

"My neighbor's little girl has a special prayer: 'Please, God, make the bad people good—and the good people nice.'"

Whatever our religious beliefs, we need all the sense of humor we can gather to appreciate the joy of watching our youngsters grow into their faith.

Dick Van Dyke, who used to be a Sunday school teacher, says, "For that job you must have the wisdom of Solomon, the patience of Job, the courage of David. You must teach like St. Paul, lead like Moses, and stay cool under fire like Shadrach."

Here are some of my favorite stories about kids—and what we all can learn from them:

One six-year-old boy was reprimanded by his Sunday school teacher. "You've been nothing but trouble," he said to the youngster. "You're just a rotten kid."

The little boy answered: "That's not true. God made me, and He didn't make no junk."

A teacher asked her Sunday school class to tell the story of creation. One little girl raised her hand with the answer. "First, God created Adam. Then He looked at him and said, 'I think I would do better if I tried again.' So He created Eve."

"And now, children, who can tell me what we must do before we can expect forgiveness of sin?" The teacher asked. "Well," said little Simon, "first, we've got to sin."

You'll never be able to top the story of the seven-year-old little girl who was sent up to bed after dinner. "Say good night to all our guests," her mom told her, "and don't forget to say your prayers."

"Okay," said the child. "Anybody need anything?"

This youngster came home from Sunday school and his father asked what he had learned. "The rabbi told us a wonderful story," the kid said, "about the Jews that were chased out of Egypt and they came to the Red Sea. When they saw the Egyptians following them, they built a bridge over the Red Sea and went over in safety. But when the Egyptians kept coming, they put dynamite under the bridge and when all the Egyptians came on top of the bridge, the Jews blew up the bridge and the Egyptians fell in the Red Sea and were drowned."

"The rabbi told you this story?" the father asked incredulously.

"No," the kid answered, "but if I told you what the rabbi told me, you'd never believe it."

"Do you say your prayers before eating?" the teacher asked the little seven-year-old.

"It ain't necessary," she answered. "My mom is a good cook."

One little boy, who was given a spanking by his father for dirtying up the house, ran to his mother crying: "Mommy, you should have married Jesus. He loves little children."

My neighbor's little girl has a special prayer: "Please, God, make the bad people good—and the good people nice."

The Hebrew teacher decided to let his class out early. "That's all for today," he announced. "I have a bad headache."

"Oh, I know about that," said little six-year-old David. "Moses had a headache too."

"Moses had a headache?" the teacher asked. "Where did you hear that?"

"Grandpa told me—he said God gave Moses two tablets."



Joey Adams and a friend: "We need all the sense of humor we can gather."

The clergyman was telling his guests a story when his little girl interrupted: "Daddy," she asked, "is that true—or is that preaching?"

One little boy I know was pretty bad one day, so his father gave him a bit of a spanking and sent him to his room without supper. "And don't forget to say your prayers," he was told. And the father went to his son's room to see that he did. The youngster did as he was told. He gave his usual blessings to his family, his friends, his teacher—everybody but his father. Then he turned to his pop and said, "I suppose you noticed you wasn't in it."

My mother-in-law was teaching Sunday school and asked the youngsters to write out the Ten Commandments. When it came to the Fifth Commandment, one boy put down; "Humor thy father and thy mother."

The pretty little girl was making her very first appearance in church. "How did you like it?" the preacher asked after the services.

"Well," she answered, "the music was nice—but the commercials was too long."

Rabbi Rabinowitz was a strict teacher and insisted on the best efforts of his pupils. When little David handed in a poor paper, he was furious.

"This is the worst Jewish composition I have ever read," he shouted. "I never saw so many errors. I can't understand how one person could have made all these mistakes."

"One person didn't," David answered calmly. "My father helped me."

I'd like to tell you one of the sweetest stories of all. A mother tells it about her five-year-old daughter, who slipped on the rug in her living room and hit her head. It was a pretty rough blow and she began to cry.

Mom comforted her as she applied cold compresses to the lump that had already appeared on her head. Pretty soon the tears stopped and the little girl ran off to play.

That night after dinner, Mom went to her little girl's room to tuck her in, just in time to hear her prayers. Always after "Now I lay me down to sleep," she had a special prayer—always about something different—in which she thanked God for "the nicest thing that happened today." It could be the movie she saw or the double scoop of ice cream or a car ride or the snow.

This particular night when her mom asked, "What do you want to thank God for tonight?" She answered, "For my bump."

"Why do you want to thank Him for that?" her mother asked.

"Because now He can make it well." With that she gave her mother a kiss, rolled over and closed her eyes.

Mom just sat there thinking: "Yes, God, how often we forget to thank You for the rough, hard times. But it's through them we often learn the greatest lessons of Your healing love."

Thank you, God, for the bumps.

Jill Klementz

OFFICIAL RULES

1. On an official ballot-entry blank, print your name, address, zip code. To vote for your favorite national youth group, put a check mark on the ballot-entry blank opposite the name of the group you have selected. If you do not have an official ballot-entry blank, a 3" x 5" piece of paper may be used. Be sure to print the name of the national youth group you have selected.

2. Each ballot-entry must be accompanied by 2 proofs-of-purchase from Colgate-Palmolive products (see Rule #5) or the names of two of these products may be printed on a plain 3" x 5" piece of paper. Enter as often as you wish, but mail each ballot-entry in a separate envelope. (For youth group bulk ballot-entries see Rule #4.) All ballot-entries must be postmarked by December 31, 1974 and received by January 16, 1975.

3. Mail your ballot-entry for your favorite national youth group to the special box number below. (All addresses are New York, N.Y. 10046.)

Girl Scouts of the U.S.A. P.O. Box 55K
Boy Scouts of America P.O. Box 44K
Camp Fire Girls P.O. Box 17K
Boys Clubs of America P.O. Box 66K
Girls Clubs of America P.O. Box 72K
National 4-H Club Foundation P.O. Box 19K
Bulk Entries (See Rule #4) P.O. Box 243

4. **Special note to participating youth groups:** To facilitate the handling of bulk ballot-entries they may be sent in one package. Separate envelopes not required. Address package to: Colgate-Palmolive "Help Young America" Campaign, P.O. Box 243, New York, N.Y. 10046. On outside of package write unit's name, number, address, number of members in unit and number of completed ballot-entries enclosed.

5. Proof-of-purchase requirements are as specified from any two of the following products: Ultra Brite Toothpaste — two end flaps; Colgate Dental Cream — two end flaps; Hour After Hour Deodorant or Anti-Perspirant — trace name from any size can; Axion Pre-Soak — box top and bottom; Handi Wipes — name from package front; Dynamo — front label; Alpen — box top and bottom; Baggies — two end flaps; Curad Plastic Bandages — box top and bottom.

6. Each national youth group will receive an automatic initial donation of \$20,000. It will then share in an additional donation of \$120,000 in direct proportion to the number of votes cast for it. Colgate-Palmolive Company will then donate another \$20,000 to each national youth group (\$120,000 total) to be distributed to local units based on a vote-collecting contest. Finally, \$5,000 in awards will be given to local units demonstrating the most ingenious vote-collecting techniques. The decisions of the independent judging organization are final. The donations (\$365,000 total) given to the designated youth groups will be direct contributions from the Colgate-Palmolive Company. All donations will be awarded. (Participation of the national youth groups does not imply endorsement of products.)

7. 25 Grand Prizes in the "Help Young America" Sweepstakes are AMC 1975 Gremlins, equipped with automatic transmission, radio and white sidewalls. 2,000 "Thank You" Prizes are Willie Mays "Help Young America" Tote Bags.

8. Sweepstakes winners will be determined in random drawings conducted by Marden-Kane, Inc., an independent judging organization whose decisions are final. Prizes are non-transferable. Only one prize to a family. Odds of winning will be determined by number of ballot-entries received. All prizes will be awarded. Local, State and Federal taxes, if any, are responsibility of winners.

9. Open to residents of the Continental U.S., Alaska and Hawaii only. Employees and their families of Colgate-Palmolive Company, its subsidiaries and affiliated companies, its advertising and judging agencies are not eligible. Sweepstakes void in Georgia, Idaho, Missouri and wherever else prohibited or restricted by law. Potential winners may be required at the discretion of the judging organization to execute affidavits of eligibility. All Federal, State and Local laws and regulations apply. To obtain a list of sweepstakes winners, send a stamped, self-addressed envelope to: "Help Young America" Winners, P.O. Box 244, New York, N.Y. 10046.

NO PURCHASE REQUIRED



"Help Young America," says Willie Mays.



Vote! Help Colgate-Palmolive give these youth groups \$365,000.
You may win one of 25 "Young American" 1975 Gremlins.



Your vote counts!
It helps determine how much money each of these six youth groups gets. The more votes, the more money a group receives.

Here's how it works:
1. Colgate will give each national group a donation of \$20,000.
2. Colgate will donate an additional \$120,000 to be shared by the groups

in direct proportion to the number of votes each receives.
3. Colgate will donate another \$20,000 to each national youth group to be distributed to local units, based on a vote-collecting contest.
4. There's \$5,000 additional in prizes for the groups demonstrating the most ingenious vote-collecting techniques. The decisions of the independent judging

organization are final.
Your vote is also your chance to win:
25 Grand Prizes — "Young American" 1975 Gremlins from American Motors.
2,000 "Thank You" Prizes — Willie Mays "Help Young America" Tote Bags.

Here's how you vote and enter:
Fill in the ballot-entry blank. Give other ballots to friends.

OFFICIAL "HELP YOUNG AMERICA" BALLOT-ENTRY BLANK

Check your favorite national youth group and mail to:
Colgate-Palmolive "Help Young America" at appropriate address below:

<input type="checkbox"/> Boy Scouts of America P.O. Box 44K, New York, N.Y. 10046	<input type="checkbox"/> Girls Clubs of America P.O. Box 72K, New York, N.Y. 10046
<input type="checkbox"/> Girl Scouts of the U.S.A. P.O. Box 55K, New York, N.Y. 10046	<input type="checkbox"/> Camp Fire Girls P.O. Box 17K, New York, N.Y. 10046
<input type="checkbox"/> Boys Clubs of America P.O. Box 66K, New York, N.Y. 10046	<input type="checkbox"/> National 4-H Club Foundation P.O. Box 19K, New York, N.Y. 10046

Please enter me in the "Help Young America" Campaign. I enclose 2 proofs-of-purchase (see Rule #5) or the names of any two of these products printed in block letters on a 3" x 5" piece of paper: Ultra Brite Toothpaste, Colgate Dental Cream, Hour After Hour Deodorant or Anti-Perspirant, Axion Pre-Soak, Handi Wipes, Dynamo, Alpen, Baggies or Curad Plastic Bandages.

Name _____ (Please Print Plainly)
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City _____ State _____ Zip Code _____ (Required)

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Name _____ (Please Print Plainly)
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It's a whole new car.



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Smart Cooking For Tired Cooks



This week, Food Editor Marilyn Hansen makes two delicious soups. Plan to make them a day or two before serving, then just heat them up. Or, both can be frozen for future use.

Two Make-Ahead Soups For Easy Serving

MARILYN'S MENU

Mushroom-Barley Soup*

or

Sausage-Vegetable Soup*

Cheese Board Mixed Pickles

Assorted Breads Crackers

Fresh Fruit

Wine Beer Milk

*Recipe given

MUSHROOM-BARLEY SOUP

- 1 lb. fresh mushrooms, rinsed and drained
- 6 tablespoons butter or margarine
- 1 cup finely chopped onion
- 1 clove garlic, finely chopped
- 2 cans (10 $\frac{3}{4}$ -oz. size) condensed beef broth
- 5 soup cans water
- 3 tablespoons tomato paste or ketchup
- $\frac{3}{4}$ teaspoon salt
- Few twists freshly ground black pepper
- 1 bay leaf
- $\frac{1}{2}$ cup barley
- $\frac{1}{4}$ cup chopped parsley
- 1 $\frac{1}{2}$ cups sliced celery and leaves
- 1 $\frac{1}{2}$ cups sliced carrots
- 4 tablespoons dry sherry
- 1 pt. sour cream

1. Chop $\frac{1}{2}$ lb. mushrooms. Slice remaining $\frac{1}{2}$ lb. and set aside.
2. In large saucepan, melt 4 tablespoons butter. Add the chopped mushrooms along with onion and garlic; sauté 5 minutes.
3. Stir in broth, water, tomato paste, salt, black pepper and bay leaf. Heat to boiling. Stir in barley. Reduce heat; cover and simmer 1 hour.
4. Add parsley, celery and carrots; cook, covered, about 30 minutes longer, or until vegetables and barley are tender.
5. In medium skillet melt remaining 2 tablespoons butter. Add the reserved sliced mushrooms and sauté 5 minutes. Add to soup along with sherry.
6. Ladle into large soup bowls and serve with a dollop of sour cream.

Makes 2 qts., 8 servings

SAUSAGE-VEGETABLE SOUP

- 2 qts. water
- $\frac{1}{2}$ lb. cervelat sausage, kielbasa or hard salami, sliced



Two delicious soups to warm the heart on a cold night: thick, hearty Mushroom-Barley and clear, brothlike Sausage-Vegetable.

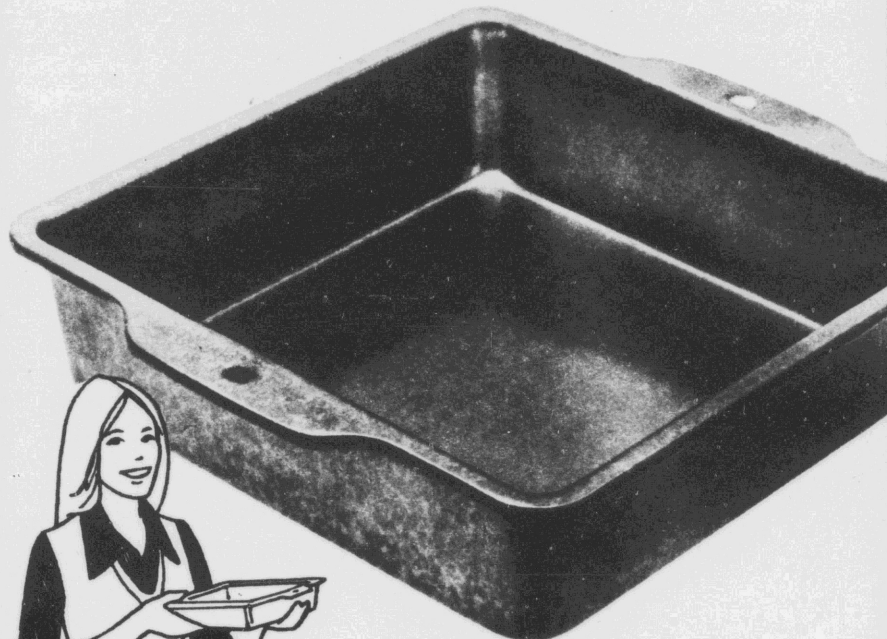
- $\frac{3}{4}$ cup sliced carrots
- $\frac{1}{2}$ cup chopped onion
- 1 clove garlic, finely chopped
- 2 $\frac{1}{2}$ teaspoons salt
- 1 teaspoon marjoram leaves
- $\frac{1}{2}$ teaspoon thyme leaves
- $\frac{1}{4}$ teaspoon ground white pepper
- 1 bay leaf
- 1 lb. fresh mushrooms, rinsed and drained, or 2 cans (6-8 ozs. each) sliced mushrooms, undrained
- 3 cups thinly sliced cabbage
- 1 cup diced potato

1. In a large saucepan or Dutch oven combine water, sausage, carrots, onion, garlic, salt, marjoram, thyme, white pepper and bay leaf. Bring to boiling; reduce heat and simmer, covered, 30 minutes.
2. Slice fresh mushrooms. Add to soup along with the cabbage and potato. Return to boiling; reduce heat and simmer, covered, until vegetables are tender, about 30 minutes.
3. Season to taste with additional salt and pepper if desired.

Makes 2 qts., 8 servings

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And, it's yours FREE when you send in labels from two Semi-Sweet Chocolate and one Butterscotch 12-oz. packages of Nestlé® Morsels (or four Semi-Sweet Chocolate and two Butterscotch 6-oz. Morsels package labels).

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It's Martha Mitchell, Planning a Book! And Here's What She'll Write About

"What hurts most, perhaps, is that she has seen daughter Marty just two times since last October—when Marty came by to pick up some clothes and when Martha went to her school."

By Frances Spatz Leighton



Martha told Winzola McLendon (inset): "He's gone. I'm alone and frightened and I don't know what's going on."

With a Crusader's zeal, the irrepressible Martha Mitchell—who used to be known around Washington as "the warbler of Watergate"—is spilling it all in a book, telling what she knows and remembers of former President Nixon's crowd and cronies.

Martha Mitchell feels she has an im-

portant story to tell—a story made still more valuable by the efforts to hide it from the public. And she's telling it all to Winzola McLendon, who was once a writer for a Washington newspaper.

Nobody, but nobody, is permitted in the room that houses the 16 boxes of material, including dozens of tapes. "I'm getting kind of paranoid about it all," admits Winnie, who, until she started her big secret project with Martha, was known as a very easygoing and fun-loving gal.

What's it like to work with Martha Mitchell?

Well, that's just it. You have to be secretive. You have to know what name she is using that day. You have to be able to speak in code over the phone to make arrangements to meet. And when it comes down to it, to work with Martha Mitchell, you first have to catch her. You have to do a lot of adjusting. You have to wait for her moods. You have to know that in one hour—or after two good hours, if you're lucky—she'll fly off to something else. Or just get on the phone and stay and stay and stay.

It isn't easy to be Martha Mitchell's collaborator, but the stakes are high, and Winzola McLendon knows it. If all goes well, her share might approach \$500,000, with hardback and paperback rights—and that ain't hay.

Offers for the advance on the hardback alone have run as high as \$500,000. Watergate and political espionage and impeachment stories will fill more than two-thirds of the book. And Martha is proud to point out that she was one of the first, if not *the* first, to call for "Mr. President's resignation."

According to the world's two best sources (Martha and Winnie McLendon), these are some of the things the book will talk about (all these versions of what happened are Martha Mitchell's own, passed along by her or Ms. McLendon):

1. How Martha is convinced there was a plot to put her in a mental institution to ruin her credibility. And whose plot it was.

2. Her version of how everyone behaved at the time of Watergate and who was phoning whom.

3. Her version of that famous stab in the buttocks with a tranquilizer, to sedate her, while she was being held a "political prisoner," and how she smashed her fist through a glass door trying to escape. And how her calls for

help were ignored. She will name the FBI agents she is sure she recognized there.

4. Her version of how her daughter Marty was brainwashed and turned against her by her "jailers," who let 13-year-old Marty see her when she was in disarray and her captors were supplying her with liquor but practically no food.

5. Her version of how her husband was changed from a liberal Democrat into a conservative Republican. At one point, Martha and Mr. Nixon were such dear friends that she traveled with him on his plane, and wanted to do even more campaigning than she was eventually to do. One story floating around Washington is that Martha, after a time, felt a little rejected by President Nixon, since she couldn't always reach him as easily as she reached reporters. Martha wanted to tell the President her ideas for his campaign, the rumors continue.

6. How exhilarating and wonderful it felt, for a while at least, to have Mr. Nixon count on her to help him win reelection with her public appearances and speeches, and how he once told her enthusiastically, "Give 'em hell, Martha." And then how it felt a little later, when she wouldn't shut up about Watergate, to have a rumor spread that she was in a private psychiatric hospital in Connecticut that specializes in treating alcoholics, a place she says she has never even seen.

7. How Mitchell tried to tell her of the political espionage that was planned for the campaign and how she was disgusted by it and didn't want to hear about it. And how she was convinced there was more than one copy of "Gemstone," the book that outlined the plans and which Jeb Magruder testified, he burned in his fireplace.

8. How secrecy became her way of life after John left. Even her garbage was tampered with, she says, and she learned to foil the tamperers by tearing up her letters and putting part of each letter in the garbage one day, another part the next day, and the rest maybe a week later. She feels she has evidence that all her mail was tampered with.

Most people think Martha was a poor little Cinderella whom Mitchell plucked from the ashes. Not so, says Winnie. "The book will show that Martha was a rich girl whose father, a

Continued on page 11

THE ORANGE BIRD SWEEPSTAKES

OFFICIAL RULES

1. On an official entry blank or 3" x 5" card, print your name and address and mail to: The Orange Bird Sweepstakes, P.O. Box 5333, Hicksville, New York 11816.
2. Each entry must be accompanied by a proof-of-purchase from any brand of 100% orange juice from Florida, in whatever form you prefer—frozen concentrated orange juice, orange juice in bottles or cartons, or canned orange juice. Or you may submit with your entry, a 3" x 5" card with the words "100% Orange Juice from Florida" written on it.
3. Enter as often as you like; however, each entry must be mailed separately. Entries must be postmarked no later than November 30, 1974 and received not later than December 11, 1974.
4. Winners will be determined in random drawings conducted under the supervision of Advertising Distributors of America, an independent organization, whose decisions are final. The odds of winning will be determined by the number of entries received.
5. Winners will be notified on or about January 15, 1975 by mail. No substitutes for prizes are offered. All prizes will be awarded. A total number of 1001 will be awarded with an estimated retail value of \$28,551.00. Liability for Federal, State or other taxes is the winner's sole responsibility.
6. Associates (and their families) of the State of Florida Department of Citrus, their advertising agencies and Advertising Distributors of America are not eligible. Void in Georgia, Idaho, Missouri and Wisconsin, and wherever prohibited or restricted by law.
7. To obtain a list of winners, send a stamped, self-addressed envelope to:

The Orange Bird
Sweepstakes Winners
P.O. Box #5266
Hicksville, New York 11816

All winners lists will be mailed out before March 10, 1975.

OFFICIAL ENTRY BLANK

To enter, fill in the entry blank below. No purchase required. Mail in the entry blank with one of the proofs-of-purchase* indicated in rule #2, or a 3" x 5" card with the words "100% Orange Juice from Florida" written on it. Fill in the name where you buy delicious orange juice and win \$100 in bonus spending money if you win one of the 10 Walt Disney World trips.

Mail entry to:
The Orange Bird Sweepstakes
P.O. Box 5333
Hicksville, New York 11816

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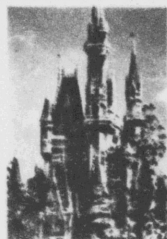
*If metal can lids are sent, they must be enclosed and taped between two pieces of cardboard larger than the can lids, for mailing. Cardboard must also be taped to inside of envelope to prevent shifting.

THE ORANGE BIRD SWEEPSTAKES

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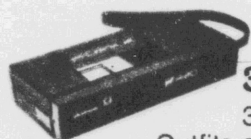
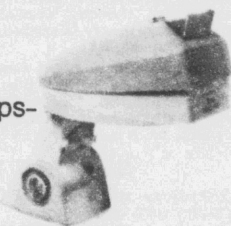


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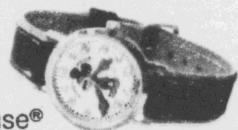


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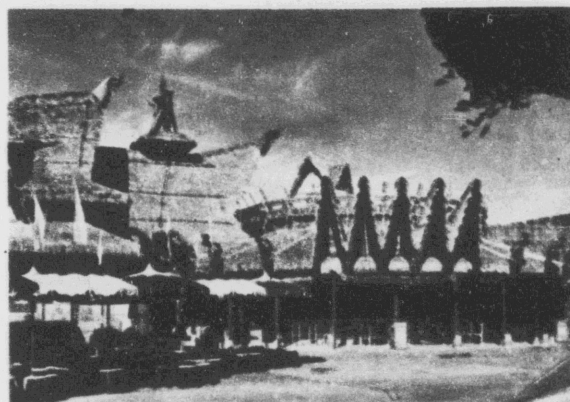


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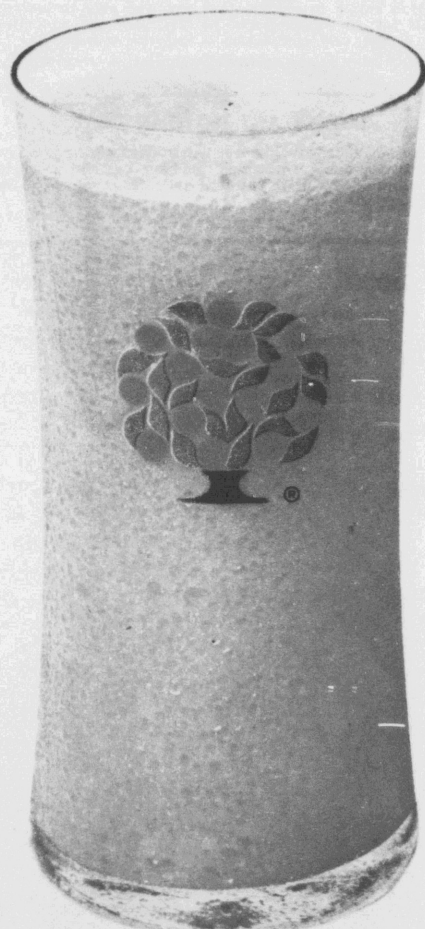
A Disneyland Record Album, "The Story and Songs of The Orange Bird," starring Anita Bryant.

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The Orange Bird pendant/necklace or key chain.



Visit The Orange Bird at the Sunshine Terrace in the Sunshine Pavilion at WALT DISNEY WORLD and enjoy a refreshing glass of 100% pure Orange Juice from Florida.



**A DAY WITHOUT ORANGE JUICE
IS LIKE A DAY WITHOUT SUNSHINE.**



Get a
**WALT DISNEY WORLD
Orange Bird Doll for half
the normal \$6 retail
price—only \$3.**

While you're waiting to hear if you're a winner in The Orange Bird Sweepstakes—make someone in your family happy by sending for a cuddly, plush Orange Bird Doll.

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Please send me () plush Orange Bird Doll(s). Enclosed is \$ (correct amount) plus the required proof-of-purchase.

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Send check or money order **only**, no cash or stamps accepted. Allow 6 to 7 weeks for delivery. Offer good in U.S.A. only. Offer expires June 30, 1975 or until supply exhausted.

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- ☐ **Frozen Concentrated Orange Juice from Florida:** The tear-strip or coded can-top (wrapped for mailing)* or cash register tape showing purchase of two 6-oz. cans, one 12-oz. or 16-oz. can.
- ☐ **Chilled Orange Juice from Florida:** Cut out brand name from any size carton or code number or brand name written on 3" x 5" card from any size bottle.
- ☐ **Canned Orange Juice from Florida:** Paper label from any size can or cut-out brand name from any multi-pack.

*Metal can lids must be enclosed and taped between two pieces of cardboard larger than can lids for mailing. Cardboard must also be taped to inside of envelope to prevent shifting.

GOOD ONLY ON 100% ORANGE JUICE FROM FLORIDA

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Now! With the simple method of Foot Reflexology!

'You Can Get Almost Immediate Relief from Aches and Pains All Over the Body!'

"I have brought relief to countless suffering people with this method—and have watched their joy of regained health and vitality—when all hope had seemingly been lost!"

"Let me show you how it can bring about the normal function of a specific location or organ..."

Says MILDRED CARTER, Professional Reflexologist

Dear Friend:

My name is Mildred Carter. I am not a doctor, but for over 14 years, I have been helping people receive remarkable relief from seemingly hopeless aches and pains all over the body, with a method—which you can use, too—called Foot Reflexology.

Foot Reflexology is a method for healing the whole body. If you've ever suffered from foot trouble, you know that it's the feet that make the whole body ache. By rubbing and pressing gently on certain areas of your feet, I can show you how you may get almost immediate relief IN OTHER PARTS OF THE BODY!

Why? Because the feet contain Reflexes, which lead like telephone lines to all parts of the body. By pressing them, you help restore normal circulation and health to congested areas. No one can guarantee a cure, nor is it a medical substitute, but:

- I have seen it relieve crippled hands and feet, caused by painful arthritis, straighten whole bodies and bring them back to normal!
- It can stop the pain of hemorrhoids almost immediately!
- Most headaches vanish immediately with this method!
- I have seen it relieve liver and gall bladder trouble!
- I have seen it clear up stuffed sinuses almost immediately!
- I have seen it relieve back troubles, in a matter of seconds!
- I have seen it bring fast relief to stomach troubles!
- I have brought lasting relief to sufferers of varicose veins with this method. This is also true with cramps or pains in the legs!
- I have seen it relieve bladder trouble quickly, with great relief after the very first treatment—all sensation of burning or itching seems to disappear completely!
- This simple method can bring women blessed relief from many disorders which may have been troubling them for years!
- I have brought relief to men, in every case of prostate trouble I have ever treated with this method!

...And still that's just the beginning! You'll find the full details of this amazing method of healing in a new book which I have written, called **HELPING YOURSELF WITH FOOT REFLEXOLOGY**. I'll tell you how to get it in just a moment, but first I want to tell you more about it!

Many Healings Reported!

Foot Reflexology is a safe, natural, and inexpensive way to help restore healthful circulation to every area of your body.

Did you ever notice how quickly water freshens when good water is poured into muddy water? Foot Reflexology does the same for circulation in your body. Blood flow slows over the years. Naturally, glands and organs become sluggish. Stimulating a new flow of blood to these "tired" places brings new life, clears glands and organs of years of accumulated waste.

Healings and relief from discomforts of all sorts are reported, by the dozen, in the pages of my book. All were obtained with the help of Foot Reflexology.

Here's What I Say in This Book:

Gall Bladder Healing "There are many cases where Reflex Massage of the liver and gall bladder has saved people from having an operation,

with the stones seeming to vanish after a few treatments."—Quoted from Chapter 12

Anemic Conditions "Anyone who is anemic will find... improvement can be so rapid it is amazing. With pernicious anemia, results will be slower, but Nature will be there, changing new blood cells for old."—Quoted from Chapter 11

Helping the Heart "No matter what the nature of the trouble is, the heart can be aided with this method.... I can give you many case histories of wonderful results from this scientific massage of the reflexes on heart patients."—Quoted from Chapter 13

Relief for Leg Pain "I believe I have treated more cases of leg aches than any other malady, and most were caused by the sciatic nerve. Many people suffer for years without any relief. Yet it is so amazingly simple to banish all inflammation from this nerve in an unbelievably short time. In many cases this method has brought relief in one treatment."—Quoted from Chapter 22

Varicose Veins "I have brought lasting relief to sufferers of varicose veins by starting the proper circulation with Reflex Massage, thus causing congestion to disappear. This is also true with cramps or pains of any kind in the legs."—Quoted from Chapter 16

Relief for Hemorrhoids "Hemorrhoids are nothing more than a congested vein (known as piles). This is actually a varicose vein in the rectum. These can become so large as to protrude, causing inconvenience, much suffering, and in many cases bleeding. Though painful, they are usually suffered in silence by those who have them. Yet with Reflex Massage they are one of the quickest to respond to treatment. Here we will learn how to use the Reflexology method to bring you prompt relief!"—Quoted from Chapter 21

How to Make Reflexology Your Rejuvenator "Would you like to be young again? Would you like to walk expectantly into the future, to enjoy new experiences, with a revitalized body? We do not have to be old... Reflexology rejuvenates the entire body, giving new life to glands and cells. Blood flow slows over the years. Naturally, glands and cells become sluggish. Reflexology stimulates a new flow of blood to these tired places, clears glands and cells of accumulated waste, brings them new life!"—Quoted from Chapters 3 and 24

You'll Discover...

- How Reflexology relieved a man's stuffed sinuses. "After the first treatment, he could suddenly breathe through both sides of his nose" and he felt well again.
- How a woman who had hurt her spine, and was in so much pain that she called a bone specialist to take x-rays, received so much relief with Reflexology—after a single treatment—that she was able to get up and do her work. She felt so much better, in fact, that she cancelled her appointment for x-rays, and claims she is fully recovered.
- How a man with a hunchback—a huge, ugly bulge—received a complete healing with Reflexology. He was freed of pain, and "he was able to stand straight." The hump disappeared. "He was not deformed at all," I reported!
- How a man who suffered from ulcers, kidney trouble, hay fever, and constipation, received complete relief with Reflexology. "The symptoms of each illness disappeared one by one," and today he sleeps like a baby every night!
- How a man with a heart condition was healed with Reflexology. Doctors had always warned him he couldn't do the things other men did. With this method, "his heart returned to normal enough to allow him to do anything he wanted, without any trouble. Today, after more than 10 years, he is a strong and well man."

IMPORTANT NOTE:

If foot reflexology therapy does not work after giving it a sincere try, consult your doctor. You will not have harmed yourself. In the very attempt of self-help, you will have done yourself a lot of psychological good.

My name is Mildred Carter. I am not a doctor, but I have been helping people receive remarkable relief from seemingly hopeless aches and pains!



What A Physiotherapist Says:

"During my forty-eight years as a Physiotherapist in my own Treatment Centers... I have had every opportunity to observe the amazing benefits of manual massage. As a means of rehabilitation where physical trauma is involved, it ranks high in the annals of Medicine.

"The techniques described in Mrs. Carter's book have been developed by experts in the field of reflex massage, and we have no hesitation in recommending them.... For the relief of pain, we know of no other means short of opiates to achieve this objective."

—CLARENCE R. MUNROE
Registered Technician, Physiotherapy

AMAZING TRUE Experiences!

"Reflexology will free you from sickness and suffering, and fear of pain, when used correctly."

"There are so many personal experiences which I could recount, stories of illnesses which were relieved by reflex massage, that I find myself wanting to tell all of them at once. I have seen it do marvelous things that surprised me many times when doctors said it couldn't be done."

"If it can do this for others, it can do this for you! I have proven that this method of healing works, in my own experience. Try it on yourself and FEEL the results!"

Safe To Use!

What's more, Foot Reflexology is absolutely safe. It is the "drugless" way to better health, and requires no exercise, no expensive equipment of any kind. It is so simple, and natural, that it is safe to use on anyone, from the youngest baby to the oldest person. In fact, it is a Rejuvenator that can actually win you many years of new youth!

Read It All From Cover to Cover, For 30 Days, Entirely At Our Risk!

I have proven that this method of healing works in my own experience. You owe it to yourself to try it at our risk and FEEL the results. And I invite you to do just that! Fair enough? Why not send in the coupon—TODAY!

Mildred Carter

MAIL NO RISK COUPON TODAY!

IMPROVEMENT BOOKS CO., Dept. 7132
13490 N.W. 45th Ave., Opa Locka, Fla. 33059

Gentlemen: Please rush me a copy of **HELPING YOURSELF WITH FOOT REFLEXOLOGY**, #80027, by Mildred Carter. I enclose \$6.98 in full payment. In addition, I understand that I may examine this book for a full 30 days entirely at your risk. If at the end of that time, I am not satisfied, I will simply return the book to you for every cent of my money back.

Enclosed is check or M.O. for \$_____

YOU MAY CHARGE MY:
☐ MASTER CHARGE ☐ BANKAMERICARD

Acc't # _____ (Find above your name)

Inter Bank # _____

Expiration date of my card _____

NAME _____ Please print

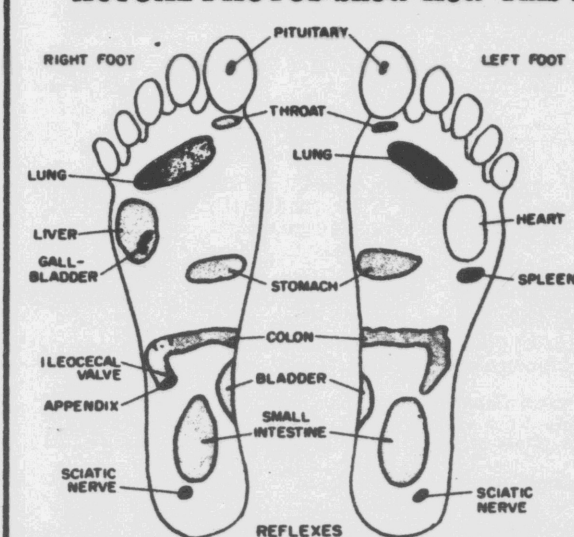
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N.Y. & Fla. res. please add appropriate sales tax.

ACTUAL PHOTOS Show How This Simple Method Is Used!



Reflexology for all parts of the body.

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- Spleen
- "Stones"
- Appendix
- Intestine
- Colon
- Bladder
- Prostate
- Rectum
- Sex Organs
- Spine
- Fingers
- Arms
- Head
- Eyes
- Ears
- Nose
- Sinus
- Throat
- Neck
- Legs
- Toes
- Knees
- Headaches
- Arthritis
- Varicose Veins
- Colds
- Hemorrhoids
- Cramps
- Ulcers
- Constipation
- New Youth
- Thyroid
- Lungs
- Heart
- Stomach
- Kidneys
- Liver



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Martha Mitchell

Continued

stockbroker in Pine Bluff, Ark., sent her on a grand tour of Europe when she was in college. And she was a girl who had her own car at 14."

The book will also tell how Martha first knew Bebe Rebozo when she was at the University of Miami and Bebe was the big man around town because he sported the biggest car. Another famous name Martha knew in her early years was Sen. William Fulbright, with whom she used to play tennis.

Most people don't know, either, that Martha's early ambition was to be an actress. Or that she suffers from various allergies that have influenced her life-style. Or that she was really quite an athlete—a good tennis player and a better swimmer. She loves dancing, rates former Secretary of Defense Melvin Laird the best dancer in Washington. Small confession: She never danced with Nixon. Is she sorry? No.

Why did Martha choose Winnie to do her book? For one thing, she feels Winnie saved her life once. They refuse to tell the story now, saying it will be in the book.

Though Martha had been talking about writing a book for a long time, it was not until the morning Mitchell walked out of the house—or rather, that she woke up to find him gone—that she really decided to get going. After the shock wore off, some time in the afternoon of September 11, 1973, she picked up the phone and called Winnie, who was at home in Washington, dressing to go out. "Okay," said Martha. "Let's write that book." She also told Winnie, "He's gone. I'm alone and frightened and I don't know what's going on."

Winnie canceled everything and flew to New York to help Martha over the first difficult days. She stayed for weeks.

When this reporter visited Martha and Winnie in a hotel suite in a small, out-of-the-way hotel in which they were working in Washington, since Martha refuses to work on the book at Winnie's apartment, we paused to comment on how life will change after the book. "Every TV station will want you," I said. "Everyone will want you."

Instead of looking happy, Martha suddenly turned almost tearful and said, "Do you think after what I say *anyone* will want me!" It was a statement, not a question.

Looked at from one standpoint, Martha is doing very well for herself. She has already proved herself an able co-hostess on various TV talk shows. She is on the way to having an important book, probably a best seller. But she is not happy. Though she lives, behaves and dresses regally, she does not seem to be enjoying her life. One moment she seems to be forcing herself to be cheerful. Then her lips quiver as she remembers something, and a tear seems not far away. But then she pulls herself together again, laughs, and the sad moment is passed.

One thing is certain: She is suspicious of new people. When the photographer appeared to take the pictures for this article, she asked, "Can we trust him?" She did trust this reporter because of stories she has covered in the past. Still, getting to Martha was a complicated thing because she travels under a code name. Not until the day of the interview was I given the name of her hotel, and then I was told to be in the lobby at a certain time and wait.

Martha admits, too, that she is still bitter and that the bitterness will come out in the book, first about how she was used in the Watergate matter, secondly about the break up of her marriage, and thirdly about the alienation of her daughter. "I feel I'm just another casualty of what my husband called 'the White House horrors,'" she said.

What hurts most, perhaps, is that she has seen daughter Marty just two times since last October, first when Marty came by to pick up some clothes and then when Martha went to her private school.

Of the first occasion, Martha says her daughter told her, "My father says a child only needs one parent. You don't have a car and a chauffeur. You can't take care of me!"

Of the second occasion, Martha says that the teachers of the school will not let her see her daughter any more on orders of her husband.



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curios, floral displays, statuary, fine china. A magnificent focal point. Enriches any room in your home. Two are absolutely breathtaking as they sweep majestically across five feet of wall space! Please order at once — offer may not be repeated at these incredible low prices.

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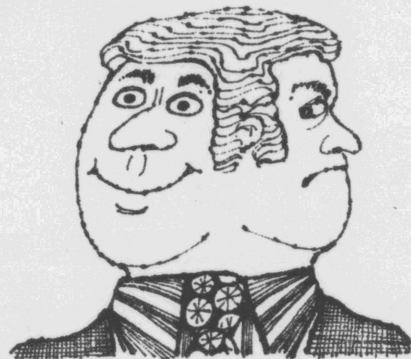
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Kindly send Deacon Shelf Units indicated below.
Enclosed is check or m.o. for \$

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Some Surprising Things About: Happiness



True or False: Psychologists have searched for the completely happy individual, but have never found him. (See number 6)

TRUE OR FALSE?

1. Unhappy people don't think happiness is important.
2. By simply focusing your mind on certain words, you can make yourself happier or less happy.
3. Unhappy people think everybody else feels the same way.
4. In any face-to-face conversation, there are telltale signs that reveal whether a person is happy or not.
5. Many people are unhappy because they pretend to be something they're not, instead of being themselves.
6. Psychologists have searched for the completely happy individual, but have never found him.

ANSWERS

1. *True.* In a psychological study, investigators at one university had men and women students make daily ratings of their happiness over a several-week period, keeping records on a ten-point happiness-unhappiness scale. The findings: Happy people evidenced markedly different attitudes and out-

looks and embraced a different set of values than the unhappy. They stressed the importance of happiness, inner peace, love of life, love of others and optimism. These considerations were not stressed by the unhappy. Instead, they emphasized the importance of being inner-directed, of justice being served, of all people (including themselves) being treated with fairness and rewarded according to their efforts.

2. *True.* In one university study psychologists requested both students and faculty to list the words that made them feel "happy" and those that had the opposite effect. Here are the words most frequently selected by both groups as "happy" stimulus words: 1) love, 2) friendship, 3) peace, 4) home, 5) music, 6) laughter, 7) beautiful. Runners-up included food, smile, health, nature and fun. Words that tended to have the opposite effect included loneliness, anger, pain, failure, war and tears.

3. *False.* It's the other way around. As one investigation has shown: "Extremely happy and unhappy people project happiness or unhappiness on others by

contrast. Unhappy people view others as happy—and vice versa." However, the study showed that except for the extremely happy, happy people view others as happy.

4. *True.* Studies have shown that when a happy person is conversing with you he is likely to meet your gaze levelly and hold it for appreciable intervals without looking away. On the other hand, an unhappy individual tends to maintain eye contact only briefly.

5. *True.* As F. Alexander Magoun, long-time professor of human relations at Massachusetts Institute of Technology, observed in summing up his findings, people who put up a false front, who adopt mannerisms and affectations designed to make people believe they are something they are not, "drift into the wrong positions, marry the wrong individuals, lead unhappy lives. They seldom realize that the trouble lies in their not being their true selves."

6. *True*—but they've come close to it. A team of university psychologists conducted the search, which ultimately focused on one undergraduate who was made the subject of a three-year study by human-behavioral specialists. The conclusions were summed up as follows: Though others surpassed him in certain valued characteristics, "none equaled him in genuine, consistent zest and happiness. His personality showed a steadfast optimism, supported by a lively, active orientation toward the world, love of human contact, and balanced, mature judgment. We found only minor flaws in his well-being. One of the chief sources of his happiness was reasonable willingness to accept limitations . . . to tread the middle road between excess and deprivation with caution, intelligence and due regard for his fellowman."

Pet Corner

Tips on Feeding a Cat



Contrary to popular opinion, cats do not always know what is good for them, so owners had better learn. Proper diet for a cat contains proteins, fatty acids, minerals and

vitamins, in correct proportions. You'd have to be a biochemist to devise a properly balanced cat diet from the family larder, so you'd better stick with quality commercial

cat food, varying the flavors. This food comes canned and dry, and a mixture of both, night and morning, does very well for the adult cat. Kittens should be fed more often. Always provide fresh water. **Cats love milk, but it is not essential to their diets and can sometimes be the cause of some intestinal problems.** Occasional treats of cottage cheese, raw liver, heart or kidney are welcome. **Always cook fish. Fresh greenery aids digestion.** Avoid cold, sweet or highly seasoned foods; fish or poultry bones.

—By Jean Burden

RIT's easy Halloween tricks

BUTTERFLY COSTUME

Supplies: Liquid RIT Dye (2 Purple, 1 Fuchsia, 1 Yellow, 1 Evening Blue), large pot, 3 paintbrushes, rubber bands, light-colored leotard and tights, hood made from sleeve of man's T-shirt, 2 large pipecleaners for antennae, and approx. 1 yd. of white cotton or nylon.

Steps: 1. Measure child's arm length and height from floor. Using measurements, cut two rectangles from cloth. Keep fabric together. 2. (Fig. 1) Using undiluted dye, paint two bull's-eyes. Start with yellow circle in the center, fuchsia in the middle and blue on the outside. Be sure dye penetrates both wings. Paint wide stripe of fuchsia around edge. 3. (Fig. 2) Pick up fabric in center of bull's-eye. Wrap rubber bands around colored rings very tightly. Cover all dye. Gather fuchsia stripe together and tightly wrap with rubber bands. 4. Dye wings, hood, leotard and tights in simmering Purple dye solution, 30 min. (2 bottles purple in 6 qts. water.) Rinse in cool water. Remove bands. Rinse again. 5. Let drip dry. Iron wings while still damp. Cut wing shapes from fabric and tack with thread to wrists, shoulders and waist of leotard.

Fig. 1

Fig. 2

FLOWER HEADDRESS & TRIM

Supplies: Liquid RIT Dye (2 Fuchsia, 1 Yellow, 1 Kelly Green), large pot, rubber bands, 1 yd. stiff fabric (interfacing), 16 pipecleaners, 1" wide ribbon, 2 paintbrushes, needle and thread, 2 yds. white cotton muslin.

Steps: 1. Cut muslin into 2 strips, 13" wide. Paint one half of each strip yellow and the other half fuchsia with undiluted dye. (Fig. 3) 2. Pleat fabric into tiny pleats, and wrap tightly with rubber bands. (Fig. 4) 3. Add 1 bottle Fuchsia to 4 qts. simmering water. Immerse fabric for 25 min. Rinse in cool water. Remove bands. Rinse and drip dry. Iron while still damp. 4. Cut 32 petal shapes from dyed fabric. Cut 16 identical shapes from stiffening. 5. Pin and sew together one dyed petal and one stiff petal. Lay pipecleaner down on stiff side, cover with another dyed petal, sew again. Make 16 petals in all. 6. Measure enough ribbon to go around child's face and tie under chin. Pin petals to ribbon around face, overlapping. Sew down. Bend to frame face. 7. Cut several leaf shapes and ruffles from leftover fabric. Dye in 1/2 bottle Kelly Green dye and 2 qts. simmering water for 20 min. Rinse, dry and iron. Tack leaves to shoulders and ruffles to hem of dress.

Fig. 3

Fig. 4

PARROT COSTUME

Supplies: Liquid RIT Dye (2 Kelly Green, 1 Yellow, 1 Tangerine, 1 Evening Blue, 1 Scarlet), large pot, 4 paintbrushes, rubber bands, needle and thread, hood made from sleeve of man's

T-shirt, cotton turtleneck, white shorts or cut-off blue jeans, sneakers, 3 yds. white cotton muslin for feathers and feet. **Steps:** 1. Cut muslin into strips 6" x 8 ft., 11" x 8 ft. and 14" x 8 ft. Cut extra fabric into two "feet" for parrot. 2. Make feathers: Paint 1 3/4" stripe of undiluted Yellow dye along edge of 6" strip of fabric. Next to it paint a 1 3/4" stripe of undiluted Tangerine. (Fig. 5)

3. Pleat strip into 1" pleats and wrap with rubber bands, covering dyed portion completely. (Fig. 6) 4. Paint 2 1/2" stripe of undiluted Yellow along edge of 11" wide fabric. Follow with 2 1/2" stripe of Evening Blue. Pleat and band as above. 5. Paint 4 1/2" stripe of undiluted Scarlet and 4 1/2" stripe of Yellow on 14" wide fabric. Pleat and band. 6. Add 2 bottles of Kelly Green dye to 6 qts. simmering water. Put in 3 banded strips of fabric, hood and turtleneck, for 35 min. stirring often. 7. Rinse in cool water. Remove bands. Rinse again. Drip dry. Iron fabric while still damp. 8. Pleat fabric strips into 2" pleats. Cut corners off colored end to form feather-like scallops. Cut strips into arm lengths. Tack 3 strips together, smaller feathers on top. Sew to arms of turtleneck. Cut remaining feathers apart and tack to hood and shorts for tail. 9. Jeans or shorts: (Use Rit Color Remover to lighten jeans.) Make one solution of simmering Yellow Rit Dye and one of Evening Blue. Dip top of shorts in Yellow Dye for 15 min. Add parrot "feet" and sneakers, 30 min. Dip bottom of shorts into Evening Blue for 15 min. Rinse and drip dry. 10. Optional: Dye light-colored stretch tights in Yellow for parrot legs.

Fig. 5

Fig. 6



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"One 5-Minute exercise (doing it about 7 minutes) twice daily, lying on our backs in comfort, eating about 15% less — but not giving up any of the foods we love — DID IT!"

Overweight, out of shape, looking older than their years — that's how the Reed family looked the day they started the "5" Minute Body Shaper Plan.

BEFORE



Robbie Lee Reed

Weight 124
 Waist 26³/₄
 Hips 36

Georgia Lee Reed

Weight 128
 Waist 29¹/₂
 Hips 38

Ralph Reed

Weight 213
 Waist 45¹/₄
 Hips 43³/₄

14 Incredible Days Later: "We look and feel slimmer and younger, have more energy, clothes fit better...friends could hardly believe our quick physical change—and to think we owe it all to our purchase of just one "5" Minute Body Shaper Plan for a cost of only \$9.95! We love the "5" Minute Body Shaper Plan!"

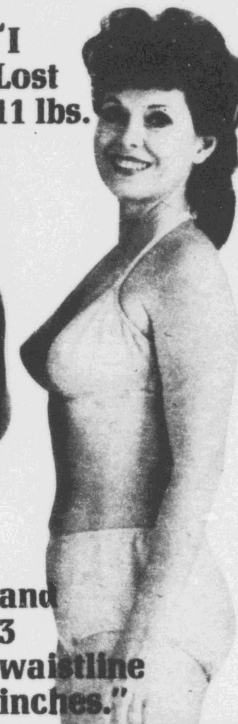
AFTER ONLY 14 DAYS

**"I
 Lost
 13 lbs.**



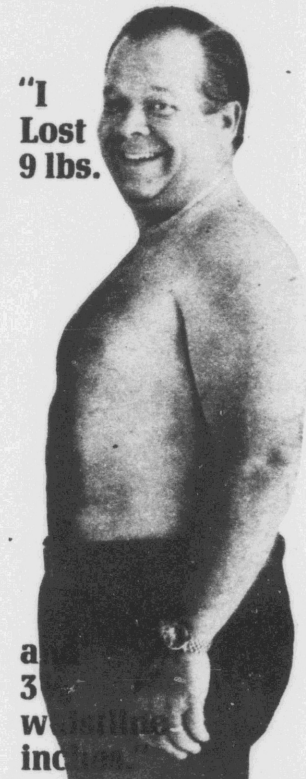
**and
 2¹/₄
 waistline
 inches.**

**"I
 Lost
 11 lbs.**



**and
 3
 waistline
 inches."**

**"I
 Lost
 9 lbs.**



**a
 3
 waistline
 inches."**

Robbie Lee Reed

Weight 111
 Waist 24¹/₂
 Hips 34¹/₂

Georgia Lee Reed

Weight 117
 Waist 26¹/₂
 Hips 36¹/₂

Ralph Reed

Weight 204
 Waist 41⁷/₈
 Hips 40³/₄

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What Is This Ingenious Plan?

The Weider '5' Minute Body Shaper Plan is based on doing one continuous, coordinated rhythmic exercise—twice daily and cutting down about 20% of your food intake—but without giving up any of the foods you like.

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What The Experts Say:

Medical Doctors, Chiropractors, Athletic Coaches...agree it's the most successful Waistline-Weight Reducer and Shaping Up Plan they have seen yet. Pat. Pending. © Copyright Joe Weider 1974

What Satisfied Customers Say:

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"I lost 25 lbs. and 5³/₄ inches in 14 days," G.C. "I lost 32 lbs. and 6³/₄ inches in 21 days," M.F. "I lost 15 lbs. and 3 inches in 14 days," W.E. "I lost 22 lbs. and 6 inches in 21 days," M.B. "I lost 3³/₄ inches off my waist in 5 days," R.M. "I lost 10 lbs. and 6³/₄ inches in 14 days," C.J. "I lost 10 lbs., 6¹/₄ inches off my waist and 3" off my hips in 14 days," P.O. "I lost 10 lbs. and 5 inches off my waist in 14 days," J.C. "I lost 7 lbs. and 5 inches off my waist in 14 days," S.D.

Results vary depending upon how much overweight you are and how much time you give to the Plan. These people have given from 5 to 10 minutes twice daily to our one simple exercise, lying on their backs in comfort, even while watching TV—and just cutting down about 20% on the foods they eat—without giving up the foods they love. Naturally, their impressive results vary. But, we guarantee that you, too, can expect to lose from 5 to 15 pounds and from 2 to 5 inches off your waistline in 14 days—or your \$9.95 will be refunded.

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After receiving your Body Shaper and instruction booklet, use this plan for 14 days. If you do not see your new body shaping up, return the total Body Shaper Plan for your \$9.95 refund.

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Star Chat

By Peer J. Oppenheimer

Kirk Douglas:

Is Hollywood's "Feistiest" Star Finally Mellowing?



The Kirk Douglasses and their son Peter (inset), who took our cover photograph.

"Washington isn't for me. The trouble with Washington is there isn't enough patriotism there. When you offer your services, people look at you with suspicion, like, 'What's your angle?' I'll stick to acting."

I met Kirk Douglas for breakfast at his large, modern, tastefully furnished Beverly Hills home, which he is about to give up after 18 years. It has become too big for him and Anne now that their four sons, Michael, 28, Joel, 26, Peter, 18, and Eric, 16, are grown up. While I enjoyed bacon and eggs and English muffins, Kirk restricted himself to a cup of yogurt.

FAMILY WEEKLY: You once told me you were known as the most hated man in Hollywood because you were so difficult to work with. Have you changed in recent years?

KIRK: I think so. When I look back now on all of the arguments I used to have and how many I lost because of the manner in which I presented them, I can see I wasn't right. I've always admired the kind of man who smokes a pipe and speaks with a low, low voice.

FW: What caused people to react the way they did to you?

KIRK: I used to be a perfectionist. But maybe that's the easy way out. Now that I've matured, I can see myself

more clearly. The longer I'm in the business, the more I realize that I need help—that everybody does, that I can't do it all by myself. Besides, all that was an ego trip. There's a story they tell (not a true one, by the way) that before Tony Curtis was offered "The Defiant Ones," the film in which a black prisoner and a white one are chained together while escaping, the film was first offered to Bob Mitchum. He said, "Me? Be chained to a black guy? Never!" Then it was offered to Marlon Brando. He agreed to do it provided he could play the black man. I was next in line. I agreed to do it provided I could play *both* the black and the white man! That will give you a pretty good idea of what my reputation was.

FW: You've worked as a producer, director and actor—sometimes all at once. Do you still think that's wise?

KIRK: I don't see why not. First of all, most people have a misconception of what a producer does. You ask three people and get three different answers.

Continued on page 19

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THE AMERICAN PEOPLE 1776-1976 is a unique artistic tribute to our American heritage. In ten superbly detailed sculptured figures, this extraordinary collection will span the ten generations of American life from 1776 to the Bicentennial. Two hundred years of the American experience.

Each figure will be representative of its own generation. Each will have its own character, its own personality. Each will be an original work of art, commissioned and created exclusively for this collection.

The figures will be meticulously crafted in solid, fine pewter and issued in a strictly limited edition by The Franklin Mint, world-renowned for the quality and artistry of its limited edition collector's items.

Ten Generations, Beautifully Portrayed

The collection begins with *The First Citizen*, a New Englander who leaves his farm to fight for freedom. The year is 1776. Independence has been proclaimed, but the precious right to life, liberty and the pursuit of happiness must still be won through arduous years of conflict.

The second sculpture is *The Pathfinder*, seen in the Appalachian wilderness in the early 1800s. The sculptured detail of the figure is so fine you can read his initials—D.W.—carved in delicate tracery on his powder horn.

As the generations succeed each other, *The Canal Boat Man*, brawny and tough, poles his towboat along the Erie Canal in the 1820s. *The Prospector*—a California '49er—has just found a heavy nugget in his pan.

The first woman in the collection is *The Homesteader*—one of the pioneers who traveled West in the 1870s, braving hardship and danger to settle on free government land. *The Gibson Girl* of the gay nineties presents an interesting contrast, as she plays croquet, enjoying the new freedom of the Gilded Age.

The Immigrant, carrying her baby in her arms, is one of the multitudes who came to these shores from Eastern Europe in the early years of the twentieth century, in quest of freedom and opportunity both for themselves and for their descendants.

Next in the collection is *The Jazz Man* of the twenties. You can almost hear the new, syncopated rhythms of the Jazz Age as he blows his horn.

The GI of World War II is a combat veteran seen in a relaxed moment on a road in France, after the Normandy invasion. And the concluding figure represents the proudest achievement of today's generation, *The Astronaut* planting the Flag of Freedom on the moon.

Ten men and women. Ten generations of Americans. They tell a 200-year story of people. Working. Fighting. Venturing. Playing. Daring. Building lives and futures for themselves and for all Americans. The complete collection is a unique artistic representation of the diversity and the continuity of the American spirit.

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Each figure will be sculptured in the finest detail, with complete devotion to historical accuracy. Each article of clothing, each tool, each action is authentic in every respect, and completely true to the life of the time.

The fringes on *The Pathfinder's* buckskins... the fine embroidery on *The Immigrant's* apron... the valves and bends of *The Jazz Man's* trumpet... *The Astronaut's* complex equipment—each tiny detail is exquisitely sculptured, with superb skill and artistry.

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Each figure will stand on its own integral, sculptured pewter base. Each base will carry the hallmark of The Franklin Mint and the title of the work. It will also bear the signature mark of the brilliant sculptor Andrew Chernak, who created each of these original works of art.

Strictly Limited Edition

The American People 1776-1976 will be issued in a single strictly limited edition. The series of ten sculptures is available *only* by advance subscription, and there is an absolute limit of one collection per subscriber.

The total edition will thus be exactly equal to the number of valid subscriptions postmarked by the closing date of October 31. *When each subscriber has received his sculptures, the molds will be broken and these limited edition works of art will never be produced again.*

No Advance Payment Required

The sculptures will be completed and sent to subscribers at the rate of one every other month, beginning in December 1974. The original issue price is \$55. per sculpture. *No advance payment is required.* Subscribers will be billed for each sculpture after shipment, in two equal monthly installments of \$27.50 per month.

Thus, each subscriber will be able to acquire this extraordinary collection of limited edition sculpture on a convenient monthly basis.

The collection will be completed in the Bicentennial year of 1976. Together, these ten works of art—representing ten generations of American life—will form a superb sculpture collection that will be a joy to own and display. A collection that is destined to become a rare and treasured heirloom of the Bicentennial era.

An Important Opportunity

This is the first and only time that *The American People 1776-1976* will ever be offered. To take advantage of this important opportunity, please note that the Advance Subscription Application below must be mailed by October 31, 1974. Applications postmarked after that date must, regretfully, be declined and returned.

The American People 1776-1976

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I understand that I need send no money now. I will be billed for each sculpture, after shipment, in two equal monthly installments of \$27.50 each (plus my state sales tax).

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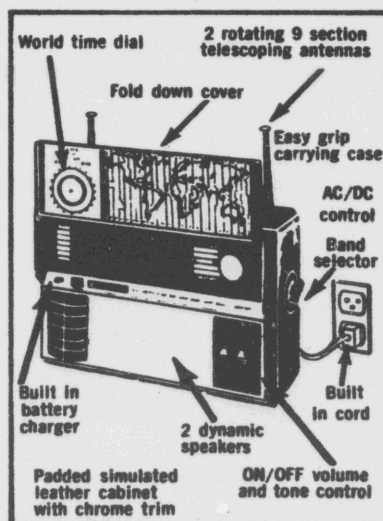


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Kirk Douglas

Continued from page 15

FW: What's yours?

KIRK: There are two main types: line producers, who look after the technical and organizational aspects of movie making, and creative producers, who have an idea, develop it into a screenplay, get the cast together, work with the composer and editor. I consider myself a creative producer.

FW: So how can you combine producing, starring and directing, as I understand you'll do in your next film, "Posse."

KIRK: First of all, I've worked on that script for years. I set up a deal with Paramount to do the financing. I set Bruce Dern to costar with me. By the time we go into production, all the producing will have been done! What's more, I have a good associate producer who will do the line work. When the film is finished, I'll supervise the post-production—the editing, music, whatever has to be done to complete the film.

FW: Your wife Anne produced one of your films, "Scalawag." At the time you said she'd produce all your films. What made you change your mind?

KIRK: "Scalawag" was the first film I directed. I needed all the help I could get, and Anne was very good at it. But she'll do no more.

FW: Why not?

KIRK: Because I'm selfish. I want her to be my wife, and she has more than enough to do as it is. A lot of people talk about Women's Lib. I think it's silly. Every person should function according to his or her ability. Louis Jourdan and his wife are staying with us. He's a much better cook than she is. So when he fixes a meal, I love to eat it. I am not so sure I would enjoy her food.

FW: You used to travel on behalf of the government. Have you ever thought of getting involved in politics?

KIRK: Washington isn't for me. The trouble with Washington is there isn't enough patriotism there. When you offer your services, people look at you with suspicion, like, "What's your angle?" I'll stick to acting. My angle is simple: to entertain people.

FW: You've always had a reputation for being tough. Can you be affectionate as well?

KIRK: Certainly. But you know,

In a recent conversation with *FAMILY WEEKLY*, famed French film director François Truffaut had this to say about Kirk Douglas (who, by the way, is one of his favorite actors):

"Douglas is a rather controversial actor, but I like the energy he brings to his acting and the violence he can give to his characters. He often performs as if he thought an atom bomb was going to explode any minute."

for years, I was overwhelmed by affection. My parents separated when I was 11, and I was left with seven women — my mother and six sisters. I went off to college just to keep from such a smothering environment. And during the summers I'd always take jobs in different cities, away from home. I wanted to be independent.

FW: Do you see the same tendencies in your sons?

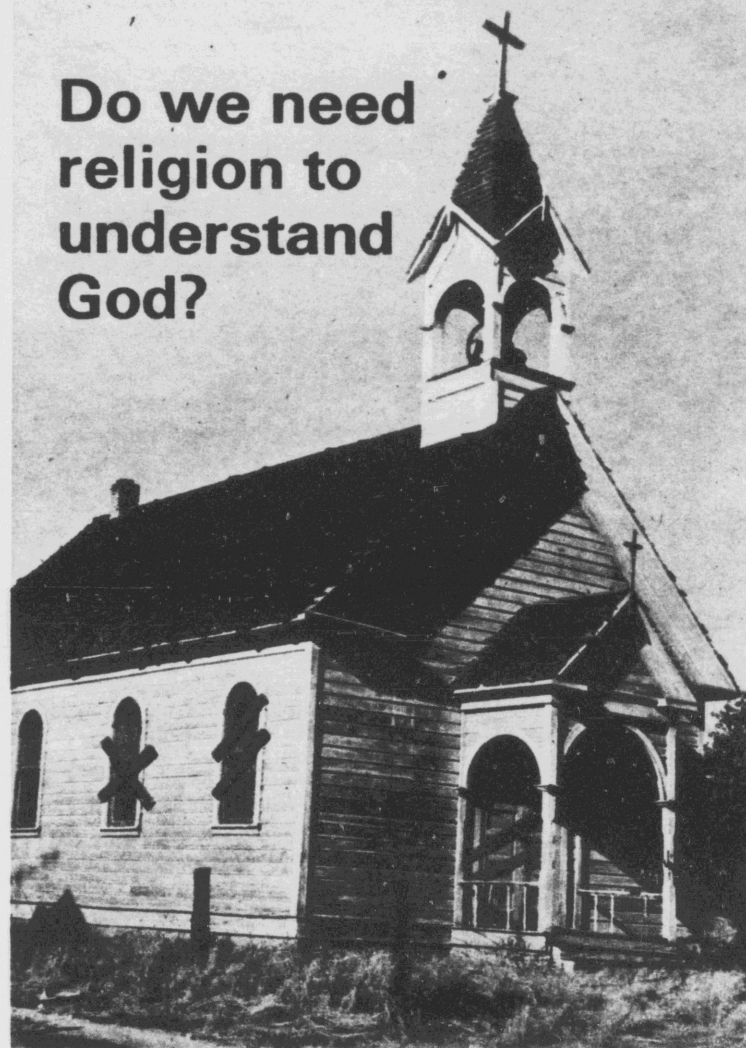
KIRK: I think they are pretty independent, particularly Michael. [Editor's note: Michael Douglas is costarring with Karl Malden in "The Streets of San Francisco."] In fact, our relationship has improved with his growing independence.

FW: Have you helped Michael's career?

KIRK: Very little. It's hard for a father to help his son if he wants to be independent.

FW: What made you decide to star in "Once Is Not Enough"? It may be a highly commercial property, but it's hardly in line with some of the critically acclaimed films you've done.

KIRK: You sound very condescending! Like you are separating quality pictures from commercial pictures. I've never made a film unless I thought it was commercial. "Once Is Not Enough" is a wonderful soap opera. I play a Mike Todd kind of character with incestuous feelings toward his young daughter. I liked the script. It also gave me a chance to do a modern film again. I've made so many period pieces, people may wonder if I still know how to tie a tie. And if the film is entertaining, I'll have made my contribution. People go to the movies to forget their problems. If a statement is made as well, that's a by-product for whoever wants to pick it up.



Do we need religion to understand God?

Some people will tell you their faith in God is founded upon logic and common sense. And they seem to think that's all they need . . . and all God gave them . . . to explain and fulfill the purpose of their being.

For Catholics, religion is of paramount importance because God chose to reveal Himself to us through the Church. We know from God Himself what to believe, how to understand the mystery of life, how we must live to please God.

You may find a better, happier understanding of your relationship to God . . . by reading our new pocket-size pamphlet: "Faith—and Common Sense." We'll send it free upon your request . . . Nobody will call. Write today.

—FREE— Mail Coupon Today!—

Please send Free Pamphlet entitled
"Faith-and Common Sense"

FM-10

This offer is limited to one free pamphlet.

Name _____
Address _____
City _____ State _____ Zip _____

CATHOLIC INFORMATION SERVICE

KNIGHTS of COLUMBUS

P. O. Box 1971, New Haven, Conn. 06509



Yes, you're seeing A PINK ELEPHANT!

An intoxicating miniature to grace your coffee table, curio cabinet, even the bar. 2½" tall elephant of clear-pink glass is a real prize for any miniature animal-hunter.

—10-DAY MONEY-BACK-GUARANTEE COUPON—

PALM CO., Dept. 7057

4500 N.W. 135th St., Miami, Fla. 33059

Rush _____ Pink Elephant(s) #14605 @ \$2.99
plus 55¢ postage & handling. Enclosed check or
m.o. for \$ _____

NAME _____

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CITY _____ STATE _____ ZIP _____

☐ SAVE 55¢! Buy 2 Pink Elephants @ \$5.98, we
pay postage and handling on 1.

N.Y. & Fla. res. please add appropriate sales tax



Doctor-tested medication works fast for hours to help Stop Feminine Itching

Brings prompt, temporary relief from vaginal itching and burning.

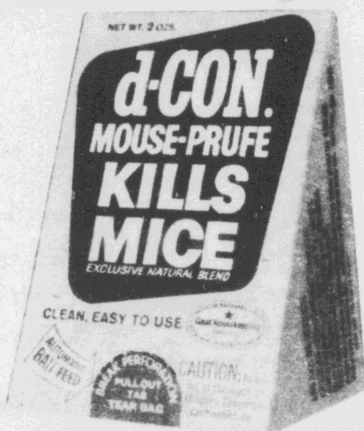
If you suffer from the problem of external vaginal itching (medically known as pruritus vulvae), there is now a creme medication specifically formulated to bring you fast, temporary relief. It is called Vagisil™ and is available without a prescription.

Doctor-tested Vagisil is a soft easy-to-apply medication that is so effective, it helps stop external vaginal itching almost instantly. Yet Vagisil is gentle enough for tender, irritated membranes. Vagisil actually leaves a cooling, protective, lubricat-

ing film to help check bacteria, soothe irritated membranes, and so speed natural healing.

Thousands of women are now discovering the fast, temporary relief this scientifically developed medication brings. So follow their example and end the misery of external vaginal itching. Get Vagisil creme medication today. Delicately scented. Greaseless. Non-staining. Look for Vagisil at all drug counters. For trial tube, send 25¢ to Vagisil, Box 328 FW White Plains, New York. **Vagisil**

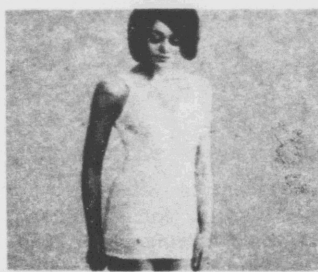
d-CON invented the better mouse trap



No trap at all!

Mice eat d-CON® Mouse-Prufe hungrily and, when they've had enough, they go away and die! Cleaner, easier, surer than mouse traps. What's more, one trap can get only one mouse at a time. But one package of d-CON kills many mice. d-CON Mouse-Prufe is a high-potency formula, now better than ever with an exclusive refined ingredient Wincon™. Mouse-Prufe has been used by millions for years with excellent results. No wonder Mouse-Prufe outsells all other mouse killers combined.

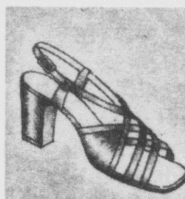
Now better than ever with Wincon™ anti-coagulant.



WALK in warmth! Thermawear for men and women is an excellent body-insulating underwear. Made with thermolactyl fiber, it keeps you warm without feeling damp. This fine company says it temporarily helps soothe minor pain from arthritis, etc. Styles, sizes include full length, etc. For free catalog: Damart Thermawear, Dept. FW-9, 2450 W. Sibley Blvd., Posen, IL 60469.

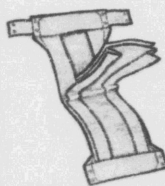
Weekend Shopper

By Lynn Headley



COMFY sandals and pumps direct from factory to you, popularly priced. Peau de Soie and satin shoes dyed to match any color swatch you send. Also black, silver, gold or white. Exciting styles. All sizes and widths. Sandal shown, sizes 4½-10, B width; 5½-10, AA. Silver, gold, white or black Peau de Soie. \$13.95. Free catalog. Party-Time Footwear, FWEI, 525 Northern Blvd., Great Neck, NY 11021.

PLAY IT SAFE "Ever-Safe" is a fine product for any who experience embarrassing "lack of control." Go anywhere, sit any place, and be assured of protection. Of soft vinyl, only weighs 7 oz. Order by waist size. With liner, \$6.95. Extra liner, \$3.95. 50 disposable liners, \$7.95. Ralco Co., Dept. 276, 1534 E. Edinger, Santa Ana, CA 92705.



UNIVERSAL stainless steel faucet reseating kit: 8 extra tough stainless seats, 8 indestructible universal mated Delrin washers, installation kit and illustrated instructions. Permanently repairs any faucet that uses washers. Kit: \$7.45. Extra seats with washers, \$5.40 per doz. sets. Vulcan Mfg. Co., FW9, Box 33, Grand Valley, CO 81635.

Shopping by mail is fun, convenient, and easy! All offers in the editorial portion of the Weekend Shopper are not composed of paid advertising. Please send your check or money order, not to us, but to the companies listed. Have a nice week!

Relieves Tormenting Rectal Pain And Itch, Helps Shrink Swelling Of Hemorrhoidal Tissues

... Due to inflammation. Gives prompt, temporary relief from such burning itch and pain in many cases.

The burning itch and pain caused by inflammation in hemorrhoidal tissues can cause much suffering. But there is an exclusive formulation that in many cases gives prompt relief from this itch and pain. It helps shrink swelling of such tissues caused by inflammation.

Tests by doctors on hundreds of patients reported similar successful results in many cases. This medication is available under the name Preparation H®.

There's no other formula like Preparation H. Ointment or suppositories.



DENTURE PAIN TOOTHACHE SORE GUMS? TEETHING PAIN?

New triple action Numzident, the all-purpose dental pain reliever, helps stop pain fast. Numzident is anesthetic, analgesic, antiseptic and really works. At drugstores. Money-back guarantee.

Numzident®

RID YOUR HOME OF ROACHES AND KEEP THEM OUT UP TO FIVE YEARS!

Never see a dead roach again, never see a live one either! This exciting new product completely eliminates roaches and waterbugs. Non-toxic, odorless; no D.D.T., no-waste applicator. Works silently up to 5 yrs. to prevent reinfestation. 5 ozs., enough for a 5 room house.



MAIL 10-DAY MONEY-BACK GUARANTEE COUPON TODAY.

PALM CO., Dept. 7059, 4500 N.W. 135th St., Miami, Fla. 33059
Rush Bug Off Roach Killer(s) (#13097) @ \$2.99 plus 75¢ postage & handling ea.
Enclosed check or m.o. for \$
N.Y. & Fla. res. please add appropriate sales tax.

Name _____
Address _____
City _____
State & Zip _____

☐ **SPECIAL OFFER.** Order 2 Bug Off Roach Killers for \$5.98 plus 75¢ post. & handl.

WHEN YOU ORDER BY MAIL FROM FAMILY WEEKLY...

Please allow up to four weeks for delivery on items ordered from companies that advertise in Family Weekly. Sometimes unintentional delays occur. If they do, just write: Lynn Headley, Family Weekly, 641 Lexington Ave., New York, NY 10022.

WIDE SHOES FOR MEN

EE to EEEEEEE • Sizes 5-13
100 styles, top quality, popular prices, money-back guarantee. Send for FREE CATALOG.



Not sold in stores
HITCHCOCK SHOES, INC.
Dept. 41H Hingham, Mass. 02043

FIX BROKEN DENTURES

At home in minutes
Fast, easy to use.
Works every time, or your money back. **QUICK-FIX** Denture Repair Kit



In the time it takes to read this, ora-jel can start relieving a toothache.

When your child can't sit still, is it nervousness or is it Pin-Worms?

Fidgeting, distraction, fitful scratching of rectal itch—many people don't know these "nervous habits" can be caused by Pin-Worms. These almost invisible parasites are so common, medical authorities have said 1 out of 3 children examined, and many parents, may have Pin-Worms.

They can infect anyone—young or old, rich or poor. Worst of all, Pin-Worms are highly contagious, so they can spread from

person to person, until the whole family is infected.

Fortunately, there is an easy-to-take medication called Jayne's® P-W® tablets that gets rid of Pin-Worms. Your pharmacist will tell you that Jayne's P-W tablets are specially formulated with an effective medical ingredient that drives Pin-Worms out of your system. Ask for Jayne's P-W tablets at your drug store.

AN IMPORTANT NOTICE TO AMERICANS AND ART COLLECTORS



FREEDOM OF WORSHIP



FREEDOM FROM FEAR



FREEDOM FROM WANT



FREEDOM OF SPEECH

THE HAMILTON MINT PROUDLY PRESENTS NORMAN ROCKWELL'S FOUR FREEDOMS

**A Memorable New Limited Edition of Pure 1000 Grain Silver Ingots
The Largest and Heaviest Ever Struck by The Hamilton Mint**

A Strictly Limited Edition.

Orders must be postmarked
by November 30, 1974.

LIMIT: ONE SET PER SUBSCRIBER

NORMAN ROCKWELL, by far America's greatest and best loved artist, has for fifty years brought joy to millions of Americans young and old.

Now, by exclusive permission of The Saturday Evening Post, The Hamilton Mint is extremely proud to issue, and thus preserve, forever, in stunningly beautiful silver ingots, the greatest of all his works, "The Four Freedoms."

Rockwell created the original masterpieces during World War II in a burst of patriotic fervor. They depict those great values held very dearly in the hearts of all Americans. And they are just as truly inspiring now as they were then.

The Hamilton Mint believes that in these troubled times, our nation sorely needs to rededicate itself to these great beliefs: *Freedom of Speech, Freedom of Worship, Freedom from Fear* and *Freedom from Want*. So with great pride, we present this magnificent collection.

Mr. Rockwell Talks About His "Four Freedoms"

"When Roosevelt and Churchill issued their famous Atlantic Charter, with its Four Freedoms proclamation, I tried to read it... but I hadn't been able to get beyond the first paragraph. The language was so noble. Then one night... I thought, that's it! I'll illustrate the Four Freedoms using my Vermont neighbors as models. I'll express the ideas in simple, everyday scenes... in terms everybody can understand."

Norman Rockwell depicted these great beliefs with his own inimitable and unique brand of genius. *Freedom of Speech* is portrayed by a man unafraid of reprisal as he speaks his mind at a town meeting... *Freedom of Worship* shows all people free to worship according to their own dictates... *Freedom from Want* is depicted by a family sharing their Thanksgiving meal together and *Freedom from Fear* is shown tenderly by a mother and father as they snuggle their children safely in bed for the night. Rockwell

Quotations from "My Adventures As An Illustrator" by Norman Rockwell

himself says "The Four Freedoms was the best idea I ever had."

A Strictly Limited First Edition

This First Edition will be of special interest to knowledgeable collectors because they represent Rockwell's greatest work and traditionally, first editions have always been the most valued. To insure the integrity of this edition, ingots will be struck to fill orders postmarked by November 30, 1974. Once those orders are filled, no more first edition ingots will ever be minted.

An Exclusive Treasury in .999 Fine Silver of Rockwell Masterpieces

The original Rockwell paintings shown at right, are of epic proportions. And so will be the ingots. Each beautifully sculptured ingot will measure 1 3/4" x 2 1/4" and will contain 1000 grains of .999 fine silver, the purest and finest silver available. These will contain more than twice the silver of our standard ingot. Each will be struck in high bas-relief with a satiny image and antique finish to clearly show every detail of the great art.

Your Valuable Personal Serial Number

Your First Edition Collection will be minted expressly for you and each ingot will be inscribed with your personal matching serial number along with The Hamilton Mint Hallmark. In addition, you will receive a certificate of authenticity to certify the limited edition status and precious metal content of each ingot.

Significant Investment Potential

We feel that many limited edition silver mintings are good investments but none do we feel has the potential of this particular Rockwell collection. And this comes at a time when leading economists are predicting that silver and gold will continue to become more valuable in the years ahead. Collectors have already realized bonanzas. For example, a 1970 Christmas Ingot was issued for \$12.00 and now brings \$195.00. A 1972 Thanksgiving Ingot containing 1 oz. of silver originally sold for \$4.50 and now brings about \$25.00. So please act promptly to share in the excitement of owning this magnificent collection.

Guaranteed Price Protection

Subscribers to The Four Freedoms are guaranteed the original purchase price, no matter

how high the price of silver may escalate. You will receive your first ingot soon after your application is accepted and the three additional ingots at monthly intervals thereafter. The Hamilton Mint will not accept any orders postmarked after November 30, 1974, any orders received after that will regretfully be returned.

Deluxe Edition of 24 KT. Gold on .999 Fine Silver

This special edition is the ultimate in beauty and combines the Pure Silver ingots with a layer of 24 KT. Gold to further enhance the potential value of this edition. Each ingot will also be individually hallmarked and serially numbered.

Special Display Frame

As a subscriber to The Four Freedoms Ingot Collection you will receive, at no additional cost, an easel-backed display case custom designed to hold your complete collection. This versatile display case of finely stained wood with a fine walnut finish, will proudly sit on a desk or shelf, or hang on wall.

THE ORIGINAL PAINTINGS © Saturday Evening Post 1974



FREEDOM OF WORSHIP



FREEDOM FROM FEAR



FREEDOM FROM WANT



FREEDOM OF SPEECH

Official Application Form

NORMAN ROCKWELL'S FOUR FREEDOMS

Valid only
if postmarked
by November 30,
1974

Mail to: **The Hamilton Mint**
40 E. University Drive, Arlington Heights, Ill. 60004

Please accept my application for a first edition proof set of Norman Rockwell's "Four Freedoms." I understand that, if my application is accepted, I will receive my first ingot now and the three additional ingots at monthly intervals upon my confirmation of each order. I also understand that I will receive at no additional cost, a special easel-backed display case. Enclosed is my check or M.O. for \$_____.

AN OPPORTUNITY TO BUY SILVER SERIES & SAVE

☐ Send me my first ingot in .999 fine silver @ \$22.95 plus 75¢ for postage and insurance (Remaining 3 ingots to be sent at monthly intervals at same price).
☐ Send me my first ingot in 24 KT. gold on silver @ \$27.95 plus 75¢ for postage and insurance (Remaining 3 ingots to be sent at monthly intervals at same price).

I CHOOSE TO CHARGE MY ORDER TO:

☐ Master Charge* ☐ BankAmericard
Account # _____ Exp. Date _____
*If using Master Charge, also indicate the four numbers above your name _____

FW10-20 A

LIMIT: ONE PROOF SET PER SUBSCRIBER
Application subject to acceptance by The Hamilton Mint.

Name _____
Address _____
City _____
State _____ Zip _____
Signature _____ (must be signed to be valid)

I WANT ONLY INGOTS CHECKED:
(I understand I can order any of the ingots individually but then I do not get the savings and ingots will not be serially numbered.)

☐ Please send me ingots checked below in .999 fine silver. I enclose \$24.95 each.
☐ Please send me ingots checked below in 24 KT. Gold on Silver. I enclose \$29.95 each.
_____ Freedom Of Speech _____ Freedom Of Worship
_____ Freedom From Want _____ Freedom From Fear
Please add 75¢ per ingot for Postage & Insurance
(Illinois residents please add 5% sales tax)

Quips & Quotes

ARMOUR'S ARMOURY By Richard Armour



WALL CAPER

I've seen the handwriting on the wall—
Not writing, though, so much as scrawl
And made with crayons red and blue
With bits of green and purple too.

The writing, if you'd call it that,
Or painting, was prepared by Pat,
A lad who will be three next June.
He's done his bedroom and quite soon

Will do the other two and then
The bathroom, living room and den....
A child, a wall, a crayon—yes,
These three together make a mess.

One youngster to another: "I wish
they'd quit giving me my way. I've
worked out a new tantrum I want to
try."
—Conrad Fiorello

In his later years, Albert Einstein
was one of the most lionized of men.
At a party, the hostess led him to the
window and, pointing to the sky, said:
"I can spot Venus. It always shines like
a beautiful woman." "I'm sorry," Ein-
stein said, "but the star you're pointing
to is Jupiter." "Oh, Dr. Einstein," said
the hostess, "you're just amazing. You
can tell the sex of a star that far away!"
—Lucille S. Harper

Horse sense is what keeps horses
from betting on what people will do.
—Dorothea Kent



THROUGH A CHILD'S EYES

Kids see life differently. Send contribu-
tions to "Child," Family Weekly, 641
Lexington Ave., N.Y., N.Y. 10022. \$10
if used—none returned.

The day Gerald Ford was
sworn in as President, our six-
year-old daughter walked in just
in time to hear, "Ladies and Gen-
tlemen, the President of the
United States." As she looked at
the television, she said, "That's
not the President of the United
States." I informed her this was
the new President. As the camera
went to Mrs. Ford, she said,
"They have a new wife too!"

—Mrs. D. R. Albritton
Milton, Fla.

By Frank Baginski

LITTLE EMILY



"I simply adore a man who
smokes a pipe!"

You've taken your
last rough puff, once
you come up to
the smooth taste
of extra coolness.
Come up to KOOL.



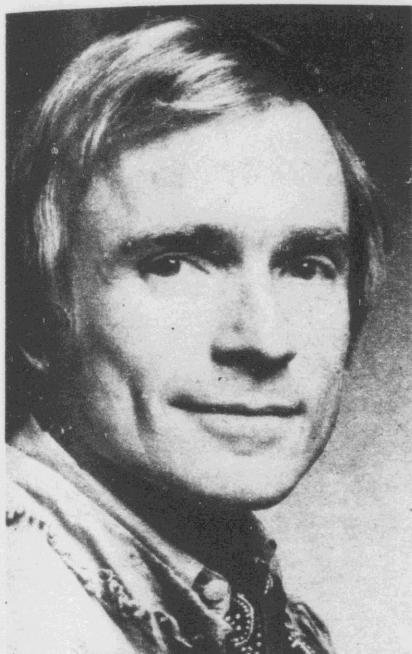
Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.



13 mg. tar,
0.9 mg. nicotine

Now, lowered tar KOOL Milds

What in the World!



DICK CAVETT
A tribute to Kate

QUOTE: In a new book about his rise to stardom, Dick Cavett talks about Katharine Hepburn: "There is a physical phenomenon about Hepburn. Her incredible energy affects the people around her as if they had been given a stimulant. Somewhere deep inside her is this



Katharine Hepburn dynamo racing, and if you are close you can damn near feel it. It must be hell on her. The day she taped my show, her energy seemed to increase as time went by and was still on the upswing when we quit. I had another show to do and was beginning to feel the physical effects of the lights and of just sitting there that long. By the time we had to stop she was like a horse at the starting gate, and I know she could have gone on a few more hours at full tilt. I learned later that she went home with a couple of friends and in fact did talk for several more hours before beginning to wind down." **UNQUOTE.** From "Cavett," by Dick Cavett and Christopher Porterfield (Harcourt Brace Jovanovich, Inc., \$8.95).

Marrying for money? According to the American Medical Association, rich people tend to live longer than the general population—so the AMA has compiled a few statistics that might aid you in your search for someone to grow old with.

- There are approximately 347,000 men and 868,000 women who are single, widowed, divorced or legally separated whose net worth is at least \$100,000.

- Of these, 11,000 men and 27,000

women are worth \$1 million or more.

- 800 men and 2,000 women are worth \$5 million or more.

To aid in your search, it might help to know that the largest numbers of rich people live in New York, California, Illinois, Pennsylvania, Ohio and Texas, in that order. If all your efforts to nail an affluent mate fail, remember you can always marry for love!



Pictorial Parade

ORUDZH AGAEV
Retiring at age 139

Can this Russian farmer, one Orudzh Agaev, actually be 139 years old? So Agaev claims. And what is even more startling is that at this ripe old age he has finally agreed to be pensioned off from working at the Azizbke Collective Farm, where he has been toiling since he was 19. He still rides a horse, has a good memory and takes care of his second wife, a mere 83. Agaev is allegedly responsible for a family of 151, including great grandchildren. Twenty-four other senior citizens over the age of 90 live in the same village, and their secret of longevity still eludes scientists.

BIRTHDAYS (Sunday-Tuesday, Libra; Wednesday-Saturday, Scorpio): **Sunday**—Arlene Francis 66; Art Buchwald 49; Dr. Joyce Brothers 46; Mickey Mantle 43; Juan Marichal 37. **Monday**—Dizzy Gillespie 57; Whitey Ford 46. **Tuesday**—Annette Funicello 32; Joan Fontaine 57. **Wednesday**—Johnny Carson 49. **Thursday**—Y. A. Tittle 48. **Friday**—Anthony Franciosa 45. **Saturday**—Jackie Cooper 52; Sen. Edward Brooke 55; Jackie Coogan 60.



BIRTHDAY PEOPLE:
Arlene Francis & Anthony Franciosa



The Elegant Chignon...

At An Unbelievable Price

The stunning Chignon... curls high and beautiful. This Venicelon™ hairpiece is easy to care for— Just wash, let dry and shake gently into place.

Style A5224A
Reg. \$12.98 **\$4.98**
3 oz.

Colors: Black, Off Black, Darkest Brown, Dark Brown, Medium Brown, Medium/Light Brown, Light Brown, Dark Auburn, Light Auburn, Honey Blonde, Champagne Blonde, Ash Blonde, Platinum Blonde, Frosted, Light Frosted, Mixed Grey; or enclose a sample of your hair and we'll match the color.

Wigmaker

Made by skilled craftsmen in Hong Kong/Korea to give you these extraordinary values

Dept. FW 34 Neptune, N.J. 07753

Please send me the following wigs. Add \$1 shipping and handling charge for each wig. If I am not satisfied, I may return the wig in 10 days and get back the price of the wig.

Style No.	Color	Price

Shipping and handling add \$1 for each wig Total

☐ PREPAID: I enclose the full price plus \$1 shipping and handling

New Jersey Residents Add 5% Sales Tax

Name
Address
City State Zip

☐ C.O.D. I enclose \$2 deposit for each item and will pay postman balance plus post office and handling charges

Dramatic Caftan

\$7.98

The glamorous caftan has a sweep of swirls in the prettiest shades of blue or rose. It's hand washable because it's 90% knit acetate, 10% nylon.

Style HO775
Sizes S-M-L **\$7.98**

Style HO776
Size XL **\$8.98**



DRESSMAKER FASHIONS

Dept. FW 33 Asbury Park, N.J. 07712

Please send me the following items. If I am not satisfied, I may return the item in 10 days and get back the price of the item.

Style No.	1st Color	2nd Color	Size	Price

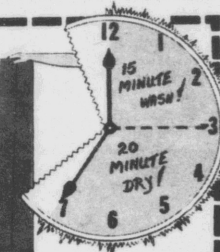
Shipping and handling add \$1.00 for each item. Total

☐ PREPAID: I enclose the full price plus \$1 shipping and handling charges.

☐ C.O.D.: I enclose \$2 deposit for each item and will pay postman balance plus post office and handling charges.

Name
Address
City State Zip

35 Minute Wash & Wear Easy Care **KNITS!** NO-IRON NON-SNAG



Hundreds of Thousands of Pairs Proven in Actual Use!

And Take a Good Kick at Inflation!

Haband first introduced these miracle two-way Knits more than 3 years ago at the shocking low price of 2 pairs for \$19.95. Now, even though the price of 100% Polyester has more than doubled in the last 12 months (polyester is a petroleum derivative), *Haband has you protected for this one last 2 for 19.95 offer!*

Deluxe Executive Knit Slacks!

You have seen 100% Polyester knits for over \$20 a pair! This year you'll see them for even more, and wonder who's got the money to afford them. These Haband Slacks might be the answer: They always look fresh, never need ironing. The heavy two-way knit means two-way fit, and that means Double Value: More comfortable full fit in seat, crotch and thighs but also a trim straight look that never bags or droops.

2 pairs for only **19⁹⁵**

HABAND
PAYS THE
POSTAGE

MACHINE WASHABLE — No tensions or tight spots. No Iron. No Dry Cleaning. A simple spin through the home wash machine is all they need. What you get is top value Two-Way Knit Slacks and **FREE COMFORT LIKE YOU NEVER FELT BEFORE!**

Remember, Business Slacks are Haband's Business. Our experience positively shouts that knits are your best buy. Now our tremendous inventory carry-over makes this one last market scoop still possible: **2 pairs only \$19.95. But hurry, knits are in huge demand!**

KNIT SLACKS

Look your
**BUSINESSLIKE
HANDSOMEST
BEST**
at
**Minimum
Cost!!**
2 for 19⁹⁵

Business or
Pleasure, all
week or all
weekend —
morning noon
or night, Knit
Slacks are the
best looking pair
of pants in the
world. Their 100%
polyester fiber
content keeps them
100% immaculate,
with not a sag, not
a snag, not a wrinkle.
They don't spot or
stain like other
slacks. **And because
they are TWO WAY
KNIT they have gentle
two way stretch. They
fit you better and look
better because they can
adjust themselves to
your position and
movements.**

**Great for
All-Day Office Wear!
Just As Great
for the Country Club!**

And please understand!
These are neither high
styled over-priced resort
slacks nor stodgy old
trousers that would label
you an old man. Just an
excellent value on middle-
of-the-road gentlemen's
HIGH PERFORMANCE
slacks. Let us show you any
two pairs of your choice!

Mail Coupon To:

HABAND

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Or visit one of our
7 New Jersey stores!

Note all the
**FINE
TAILORING
that KEEPS
the GOOD LOOKS**

- 100% Polyester
NON-SNAG Knit
- "Ban-Rol®"
No Roll
Inner Waistband
- No Pucker
Flat Fly
- New Unbreakable
Nylon Spiral Zipper
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Knit Pocketing
- Two-Way S-T-R-E-T-C-H
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Diagonal
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Today's Wider Belts
- Hook Top Closure
- Modified Flare
Bottoms
- Automatic Machine
WASH and WEAR!
NO IRONING EVER!
- FAST, RELIABLE
SERVICE!

NAVY

BROWN

GREEN

BURGUNDY

WE HAVE YOUR EXACT SIZE IN STOCK!

Let us show you what we've got. Haband will be proud to send you ANY TWO PAIRS THAT YOU LIKE, in your perfect size, to try on, see in the mirror, show your wife and family before you decide. Tell us your choice and we will rush them right out to you! **2 pairs for \$19.95, and Haband Pays the Postage!**

ANY SIZE!

USE
THIS
ORDER
FORM

for your
Easy
AT HOME
ON
APPROVAL
Examination
WE
PAY
Postage

HABAND's 100% Polyester Non-Snag

KNIT SLACKS

2 pairs for only **19⁹⁵**

FIND YOUR WAIST & INSEAM:

Waists: 29-30-31-32-33-34-35-36-37-
38-39-40-41-42-43-44-45-46-
47-48-49-50-51-52-53-54.
Inseams: 26-27-28-29-30-31-32-33-34

HABAND COMPANY
Direct Service Department
265 North 9th Street
Paterson, New Jersey 07508

Gentlemen: Please rush
me pairs of these
Haband No-Iron Knits, for
which I enclose \$

Guarantee:

If for any reason I don't
want to wear the slacks
after I see and try them on,
I can return them for full
refund of every penny I paid you.

86R-04

Name (Please Print) Apt. #
Street
City
State ZIP CODE

COLOR	How Many	Waist	Inseam
GOLD			
NAVY			
BROWN			
GREEN			
Burgundy			

3 pair 29.70 4 pair 39.20
All 5 pairs for 48.75

HABAND — by Direct Mail Order since 1925.

HABAND COMPANY